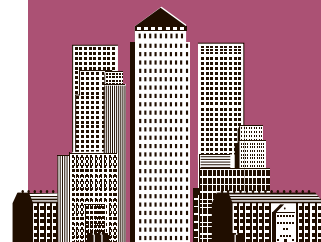


# the Wharf

**FREE**

SEPTEMBER 6, 2012



## IN RUPERT'S LAIR

We snoop round the corridors of an empty Fortress Wapping

Unchained bikes taken to lock-up to reduce thefts

## Riddle of vanishing bicycle unlocked

**Beth.Allcock**  
@wharf.co.uk

**T**here could be a glimmer of hope for Wharfers who believe their bikes have been stolen from the estate, after a long-standing security policy came to light.

Journalist Gav Hollander, pictured, who works in One Canada Square, was reunited with his Trek Valencia bike last week after he reported it missing from North Colonnade in October 2011.

It was nearly 12 months before police discovered his property was being housed in a lock-up managed by Canary Wharf Group.

By that time Mr Hollander had forked out £500 for another bike.



John Garwood, company secretary and legal counsel for Canary Wharf Group, said for a decade the company had operated a policy of removing bikes that were not chained to racks to a secure lock-up for "safekeeping".

Ordinarily, he said, a report of a new bike in the lock-up would be sent to police, who would marry up information with theft reports.

"We are trying to be very good neighbours here and ironically we are trying to stop people's bikes being stolen," said Mr Garwood.

"The level of crime in Canary Wharf is low, but we do want to try to be helpful. If the bike is insecure, there is a risk of trouble."

**Continued on Page 3**

ROB VIRTUE



## Medal of honour

It still hurts to be wearing silver instead of gold, but east London rower Mark Hunter tells us on a visit to Canary Wharf that the words of comfort from his friend and inspiration Sir Steve Redgrave helped him deal with his Olympic disappointment.

**Full story - Pages 62-63**

## Inside



## Book a slot

Chef Gordon Ramsay and Clare Balding line up Wharf signings **P10**



## In a pint pot

How micro-breweries are bringing quality beers within reach **P55**

## WIN

Limited edition print from Anna Karenina **P61**



**TALON SHOW** Flag up your fingers with cute cuticles **P57** **PLUS** Paralympic torch visit **P10**



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## WEATHER

**21C TODAY**  
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**23C FRIDAY**  
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**24C SATURDAY**  
Cloudy but warm

**24C SUNDAY**  
Cloudy but warm

**25C MONDAY**  
Mostly sunny

# Agenda



## TRAVEL

**TUBE & DLR**  
DLR and Jubilee line are fine but be prepared for the last of the Paralympic congestion.

**ROADS**  
Greenwich Park is closed until October and the Olympic Route Network is in force.

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**4.30pm**  
when you can  
check our  
daily travel  
update

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# I will strive to improve myself (honest)

September is an odd time of year. Despite not having children, I can never quite shake that "back to school" feeling.

That wistful sensation associated with the end of summer and buying new pencil cases. I feel it in my bones. It activates my Big List Gland. (That's the same hormone that makes resolutions and bucket lists each January and on birthdays ending in zero.)

Mentally I'm shopping for a blazer that I can grow into and covering my exercise books in old wallpaper.

I no longer have anything to do with the academic year (thank God), but it still feels like September

## BLONDE'S EYE VIEW



ANGELA  
CLARKE

is a new start. This year it will be different. This year I will make sure I don't lose the days to long office hours and other people's weddings.

I will regain control of my diary and my life. I will finally do what I really want to do. And then I lie to myself.

I mean, what I really want to do is spend my time lounging on a tropical beach, drinking fresh coconut milk and discussing the way sand feels between my toes.

What I resolve to do is read more Russian classics, overhaul my work wardrobe and take French lessons.

Resolutions are inherently about

bettering ourselves. The back to school feeling initiates grand ideas of education.

I will no longer waste my evenings watching people who've had dodgy teeth whitening treatments on reality TV shows.

I will no longer fritter the weekend away attached to a Sancerre and Malteser drip. I will improve. I will grow. This is the school of life and I will be a grade A boffin.

In reality, I'll see you round the back of the bike sheds for a sneaky fag during maths.

Find Angela on twitter:  
[@TheAngelaClarke](https://twitter.com/TheAngelaClarke)

## Reuters' view



Photo  
special  
Page 16

Poland's Lukasz Mamczarz starts his run up during the men's high jump F42 final at the London 2012 Paralympic Games at the Olympic Stadium in Stratford

## 60 Second Wharf

### On the Mandarin trail

China is the market of the future and two Canary Wharf women want you to speak the right language.

Page 4-5

### Cooking up a storm

A chef is swapping his oven gloves for a meatier pair as he enters the ring in a charity white-collar bout.

Page 6

### Island inconvenienced

The row over the loss of facilities on the Island continues as the public toilets are earmarked to go.

Page 7

### Yesterday's headlines

Rupert Murdoch's Fortress Wapping is now a shell – we take a tour before the developers move in.

Pages 8-9

### Torch burns brightly

Two hours late, the Paralympic Torch still held the crowds enthralled as it made its way through Canary Wharf.

Page 10

### In the long run

Paula Radcliffe is putting her 2012 disappointment behind her to back a campaign to get children active

Page 56



P56

## Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

Our journalists adhere to the Editors Code of Practice, which sets the benchmark for high professional standards and is enforced by the Press Complaints Commission. If we do slip up, we promise to set the record straight on this page in a clear, no-nonsense manner.

To ask for an inaccuracy to be corrected, all you have to do is:

**Phone** 020 7293 3681

**Email** [newsdesk@wharf.co.uk](mailto:newsdesk@wharf.co.uk)

**Write** to The Wharf, Trinity Mirror, One Canada Square, Canary Wharf, London E14 5AP.

■ The Press Complaints Commission (PCC) is the independent body which governs the newspaper industry. The Code of Practice and details of how to lodge a complaint are available from Halton House, 20/23 High Holborn, EC1N 2JD. Website [www.pcc.org.uk](http://www.pcc.org.uk). uk or email [complaints@pcc.org.uk](mailto:complaints@pcc.org.uk). Telephone 020 7831 0022. Helpline: 0845 600 2757.

### Correction

A picture caption published on Page 2 of *The Wharf* last week incorrectly stated a storage tank fire was in Singapore. It was in Venezuela.

## ONLINE

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## Owner left in the dark about bike

From Page One

"The view has been that we should take it away and put it in storage where it's secure, so people can get it."

"In Mr Hollander's case, we married up two reports – the report of theft and the removal of the bike from the site – and called the police."

"What should happen is the police should try to marry it up and they call us back and say 'we have got the bike matching the description'."

"In this case, they didn't say that. This wasn't a usual thing to happen."

He pointed out that the breakdown in communication had only happened



Gav Hollander with his bike

twice in 10 years but said there would be a review of the procedure.

After recovering his bike, Mr Hollander branded the policy as "tantamount to theft".

"It is taking property without telling people," he said. "My bike may not have been attached to the bike stand but it was clearly on the bike stand."

"Your bike gets taken and you don't expect it to be by security guards."

A spokeswoman for Tower Hamlets police confirmed the bike had been found in the lock-up and had been restored to the victim by police.

She said officers would try to restore bikes to their owners based on security markings or crime reports.

*If you think your property may be in the lock up, call Canary Wharf Group's 24-hour control room on 0207 418 2603.*



Great crested grebes, above, and mallards, below have settled into Heron Quay

## No place like home

Beth.Allcock  
@wharf.co.uk

A variety of aquatic birds are busy watching the world go by from their new nesting spot in Heron Quay.

Special reed beds, first installed in 2007 in water between North Colonnade and 5 Canada Square, were extensively replanted and moved to their revamped home last year.

And since their creation, species including great crested grebes, coots, mallards, moorhens and swans have nested successfully.

More than 100 new additions have been born since January, with breeding pairs of mallards and coots currently waiting for their eggs to hatch.

The mallard will nest for about 28 days and produce 11 to 14 eggs, while the coot has a shorter nesting period of 24 days, with a yield of five to seven eggs.

The reedbeds, however, are mainly



used by the great crested grebes – a species that used to be greatly hunted, for their feathers, which were used as a substitute for fur.

And although the birds are settled in their new surroundings, they also like to explore the Wharf for different spots to lay their eggs.

A spokesman for Canary Wharf

Group said: "In the past month, a mallard nested outside The Fine Line in a planter."

"After being monitored by the environmental manager, security team and staff from The Fine Line, she hatched six ducklings which are now happily enjoying the waters of the North Dock along with their mother."

## NEWS IN BRIEF

From east London

### Excel will become gadget central

**DOCKLANDS** A showcase of the best high-tech gifts will be held at the Excel centre.

Tickets are on sale for the Gadget Show Christmas which will see more than 150 firms with products from smartphones to solar powered watches and futuristic robots.

The event runs for three days from Friday, November 30 to Sunday, December 2.

Go to [gadgetshowlive.net/tickets](http://gadgetshowlive.net/tickets).



From left, Anna, Abigail, Lucy and Chris Fuller

### Lucy, 12, is visitor number 3million

**STRATFORD** The Olympic Park welcomed its three-millionth visitor during the first weekend of Paralympic action.

The Fuller family was on its way to the Aquatics Centre on Saturday, when the ticket-scanning team revealed that Lucy, 12, was the milestone entrant.

### Man in court on murder bid charge

**NEWHAM** A man was killed last week after he was attacked in an office.

Adeel Saleem, 28, of Newham, was assaulted at lunchtime last Wednesday at Fencepiece Road in Ilford.

He died in hospital not long after being taken there by London Air Ambulance.

Vaseel Ullah, 20, of New Road in Albridge, Essex, has been charged with attempted murder and is being held on remand following a hearing at Redbridge Magistrates last Friday.



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## NEWS IN BRIEF

### Business news

#### KPMG looks to cut back head count

**CANARY WHARF** A review into cutting up to 300 UK jobs at KPMG is continuing.

Last week, the firm whose Canary Wharf operations are based at 15 Canada Square said around three per cent of its UK workforce of 11,000 could lose their jobs.

The consultancy company blamed the decision on the "subdued economy".

A statement from the firm said: "It is likely that we will need to make a number of roles redundant."

"The review is ongoing therefore there are not precise numbers but we envisage the total number of roles at risk will be less than three per cent of our UK workforce."

"KPMG will make every effort to redeploy individuals within the firm whose roles are 'at risk'."

#### Accor prepares to open new hotel

**GREENWICH** Hotel operator Accor is to open its long awaited Mercure Hotel next month.

The venue near Greenwich High Road is one of four in London the French company is opening shortly.

The 145-bedroom hotel is in the '30s Maurice Drummond House and is to be the 72nd under the Mercure brand in the UK.

Accor's UK managing director Thomas Dubaere said it was "testament to our commitment to growth in London and in the UK".

#### SMEs urged to cut into supply chain

**CITY** Small and micro-sized businesses are to benefit from a £300,000 fund aimed at helping them break into the City's £13billion supply chain.

The investment by the City of London Corporation will support 450 businesses from seven boroughs, including Tower Hamlets, by March 2014.

Go to [cityoflondon.gov.uk/readytosupplythecity](http://cityoflondon.gov.uk/readytosupplythecity).

# Don't get tense, Chinese will roll off the tongue

## BUSINESS

Women target SMEs that want to tap into market – and speak the language

Beth.Allcock  
@wharf.co.uk

**L**anguage tutors are using their skills to demystify Chinese characters and culture to provide a platform for businesses to forge links with the Asian market.

Spurred on by Prime Minister David Cameron's announcement of new trade routes with China, amounting to £1.4billion, staff at The Chinese Translation Company are expanding their services to offer a range of three classes, tailored to business needs.

With an official launch of its facilities planned for six months' time, tutors Nereide Fox and Summer Dongshu Liu said the seeds had been sown in the form of a successful portfolio of business learners – a target audience which they believe is particularly relevant to Canary Wharf.

"We thought this would be a brilliant opportunity to help medium and small-sized businesses in the UK get a bit of the action," said Nereide, who studied for a degree in Chinese at university.

"It feels a lot like the UK overlooks these places but being able to communicate with China in Chinese massively increases chances of closing a deal."

"In Germany, they have got lots of experts in Chinese who have learned the language to link with the Chinese businesses and from that, they do extremely well with China, because they show technical know-how."



Canary Wharf, above, is popular with the Chinese business community because it reminds them of the business centre of Shanghai, top

"We think the UK can really benefit without having to spend too much money and without having to set up an office in China, which can be really expensive."

She added: "If people are just looking to facilitate one or two business deals with China, the starters class would do that."

Summer, who worked as a professional interpreter before moving to London three years ago, said: "Canary Wharf is one of the favourite places for Chinese people."

"It looks like and reminds them of

Shanghai and Hong Kong and already many Chinese people live in this area."

"Many Chinese people work in the financial industry here as well and we believe our service is in demand. We have a huge market."

And although she admitted that students attempting to get a foot on the ladder of the Chinese character system were initially "scared away" by its appearance, she said a bit of hard work would reap rewards.

In terms of the Mandarin form of the language taught at the school, learning is centred on Pinyin.

## Awards will reflect dramatic year

THE GREAT and the good of the east London business world will be celebrating their success stories while cruising along the Thames in a few months' time.

The Docklands Business Club and East London Chamber of Commerce Business Awards will take place on November 15 on the £4million Millennium Diamond riverline, the new City Cruises craft.

Launched this summer, the boat will hold 180 diners at the event.

Categories for the club's 29th annual awards include business of the year, employee of the year and The Wharf sponsored business person of the year.

Chairwoman of the business club Janette Withey said: "With everything that has gone on this summer and in this economic climate, a lot of people have many interesting success stories and I want to hear them."

"I imagine many businesses have

gone through major changes while preparing for the arrival of the Olympics this summer."

"Many shy away and don't tell us thinking it will be a protracted entry process but it isn't. It's very easy."

The evening boat trip will begin at Canary Wharf before heading to Westminster and back again.

Closing date for nominations for an award is September 30.

Go to [docklandsbusiness.org.uk](http://docklandsbusiness.org.uk).

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Summer Dongshu Liu, left, and Nereide Fox, of the Chinese Translation Company

## W Why set up this language service?

"Many Chinese people work in the financial industry here as well and we believe our service is in demand."

It uses the same number of characters as the English language, with such symbols representing one sound for one syllable.

Each Pinyin character is equivalent to one word in the English language but they can be written together to produce a new word – for example, symbols for electricity and brain put alongside each other mean computer, while the symbol for telephone is comprised of symbols for electricity and to speak.

Coupled with the lack of Chinese grammar, Nereide said she was confident most learners could pick up the language relatively quickly, even more easily than French.

She said: "The fact that you don't need to focus on verbs in Chinese, but in French you have got all those tenses means you can reach a level of proficiency in Chinese much quicker."

"The difficulty with Chinese is more about how to write Chinese characters."

"There are repetitive patterns of Chinese characters and once you know about 300, you can start to recognise the patterns and understand what the characters mean."

"To read a Chinese newspaper, you need about 2,000 characters of knowledge, where as in English, you'd need to know 25,000 words."

She added: "Our main aim is to fulfil the clients' requests – we are not going to make it scary."

The trio of courses offer sessions for business people striving to master Chinese professional etiquette, including a working knowledge of Renren and Weibo – the country's respective Facebook and Twitter sites.

A separate programme centres on the professional Chinese language learner, including areas of law, due diligence and ways to interpret graphs and statistics.

The third is an eight-hour masterclass encompassing the basics of the Chinese language, where pupils can learn to master Pinyin, the Romanisation for Chinese characters, as well as picking up key phrases to help them on their way in the country, including how to get to a hospital, police station and ways to order food.

The seven tutors at The Chinese Translation company can hold courses within business premises.

Go to [chinesetranslationcompany.com](http://chinesetranslationcompany.com) or email [nfox@chinesetranslationcompany.com](mailto:nfox@chinesetranslationcompany.com).

## TIME TO SPEAK UP

■ Wharfers can pursue their passion for language as part of a new series of courses at the Idea Store.

■ Whether it be mastering those French verbs, learning the Italian lingo or focussing on a variety of languages including Arabic, Mandarin or Chinese for Business, all are welcome at the Churchill Place centre. ■ Call 020 7364 4332 for further information, or the enrolment line on 020 7364 5665.

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## Sport / Pages 62-63

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## News

Swapping my  
oven gloves for  
knock-out pair

BETH ALLCOCK

## PEOPLE

Feisty chef turns up the heat as he prepares for his charity bout

**Beth Allcock**  
[beth@wharf.co.uk](mailto:beth@wharf.co.uk)

**W**ith a career as an executive head chef in Canary Wharf, Hayden Groves' daily challenge is one of creating dishes with flavours that pack a punch.

And the father-of-two will soon discover just how the heat of the kitchen matches up to the fire of the fight when he swaps his oven gloves for something a little stronger, in aid of charity.

The Barclays employee, who works on behalf of caterer Baxter Storey, will become The Blonde Menace for *Rumble In The Kitchen*, a white-collar boxing challenge.

The 22 amateur boxers from the food industry have been perfecting their stances in preparation for fight night on September 20 when they will each take part in three rounds at the Royal Automobile Club, London.

And the 38-year-old has vowed they will be putting their bodies on the line to compete for the winning title.

"Style and technique will be out of the window, it will just be pure slugging it out, but there will be a referee to make sure the Queensberry rules are observed," he said.

"I love to test myself, whether it's in a catering competition, whether it's sporting or whether it's for charity, or being the best you can be at work every day."

Talking of Galvin's Chance,



Canary Wharf chef Hayden Groves tries out his gloves

**W** What's your strategy?

"Style and technique will be out of the window, it will just be pure slugging it out."

the charity which provides work opportunities in catering for disadvantaged youngsters, he said: "It is important to give back to the hospitality industry."

"Experienced people are retiring and people filling these positions are the future."

## Cathal's running battle

A 345-MILE challenge awaits a Greenwich woman striving to raise funds for a Kenyan orphanage.

Cathal Bracken, who lives in West Parkside, will lace up her running shoes on September 12 to run the first of 11 stages covering the length of Ireland.

As well as securing cash for the Good Life Orphanage, Cathal said she would be completing the feat in memory of her sister-in-law, Debbie, who died in 2009, leaving three young children.

She said: "Debbie's partner, my brother, has since then fought to give their children a future and find normality in tragedy."

Go to [justgiving.com/Cathal-Bracken](http://justgiving.com/Cathal-Bracken).

With two charity challenges under his belt this year – a London to Paris cycle ride and the Mayfair Park and Tower Race – the chef has a significant headstart with his training.

But he said that, thanks to support from Barclays and the Nuffield Health gym, he was improving his boxing skills.

"At first, it was just pure excitement but as you ramp it up it becomes more challenging, and the sessions become more technical," he said.

"After doing a bit of sparring and getting a few sharp ones in the ribs, I can definitely tell you it smarts a bit."

"I am finding it really challenging but I am enjoying that challenge."

"This is the first time I'll be doing an event where something hits back."

Guests to the sold-out event, which has raised just shy of £50,000 to date, will also be treated to dinner prepared by chefs including Michel Roux Jr and Raymond Blanc.

Go to [justgiving.com/kitchen-rumble-hayden-groves](http://justgiving.com/kitchen-rumble-hayden-groves) to sponsor, or follow the chef on Twitter – @hayden1974.





Mayor of Tower Hamlets Lutfur Rahman meets crew on board HMS Tenacious when she berthed at Canary Wharf for the weekend

## Crew steers Tenacious into Wharf for Games

YOUNG disabled and able-bodied sailors joined forces to steer the Tenacious tall ship into Wood Wharf this weekend, to coincide with the Paralympic Games.

The crew, made up of German students, manned the vessel, which is one of only two tall ships in the world built to allow people of all physical abilities to sail. Residents had the chance to go onboard Tenacious on Saturday, with free tours delivered by both the crew and the Jubilee Sailing Trust, which operates the ship.

And Tower Hamlets Mayor Lutfur Rahman was one visitor who was

shown the ship's facilities, which include a talking compass and wheelchair lifts, as well as meeting the professional crew who help young sailors to navigate, steer the ship and keep night watches.

Neil Mildenhall, a wheelchair user and crew member, said: "It means the world to me to sail on Tenacious as it is a chance to get away from everyday life. I always feel so content at sea."

"It is great being here in London, the skyline is amazing and they have done a really nice job of Wood Wharf."

**Beth Allcock**  
Paralympic pictures / From P16



## Residents engaged in WC protest

RESIDENTS on the Isle of Dogs are furious over plans to turn the area's only public toilets into offices.

East End Homes, which owns the facilities at Manchester Road, has applied for planning permission to knock them down to make way for premises for its staff.

The news has already prompted more than 500 people to sign a petition condemning the proposal.

Campaigner and resident Eric Pemberton said: "People on the Island, particularly those born here, regard the toilets as part of their heritage, and a valuable asset which they do not want to lose."

"The council is putting more and more properties and people into the area but what is being done about facilities such as these? It's OK if you are near home but what if you go out with your children and are caught short?"

Mr Pemberton said the other nearest toilets were at Asda at Crossharbour or through the tunnel into Greenwich.

He has written to English Heritage and the Twentieth Century Society to urge them to make the building, which was opened by Poplar Borough Council in 1925, listed.

Go to [gopetition.com/petitions/save-our-public-toilets-on-the-isle-of-dogs](http://gopetition.com/petitions/save-our-public-toilets-on-the-isle-of-dogs).

**Rob Virtue**

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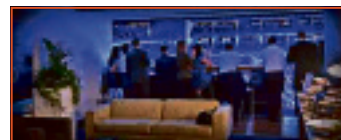
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POLITICAL  
NOTES&VIEWS

With John Biggs

London Assembly Member, City &amp; East



The Olympics have, I think, been a spectacular success and, as I write, the Paralympics are underway, with an impressive opening ceremony and hopes of continuing those achievements.

And most of my constituents, while clearly inconvenienced with bursting trains and congested roads, have not seen the catastrophic gridlock some feared.

There has, so far, been a sort of nationwide glow of good feelings about the Games and the way they have presented our country— young, ambitious, tolerant and a good place to be.

I am delighted to echo that. London is a great city, and it is no accident we attract many of the best and brightest from across the world.

But the Games will end and normal business will resume.

This year's school leavers and graduates face uncertainty with

the job market.

Take my constituents with a disability, for example, who face a catastrophe when their factory at Barking closes, leaving them with the likelihood of a life on the dole because of the difficulty of finding employers who will take them on.

I think the Olympic and Paralympic, legacy should be one that values everyone. Not all of us are heroes. But to be part of "Team GB", we all need a chance to play our part.

“  
Legacy should be one that values everyone

# The fortress breached by march of time

## PLACES

## Ghosts of glory days and scandal haunt newspaper

Rob.Virtue  
@wharf.co.uk

It's not difficult to imagine nearly 30 years ago prospective buyer, Rupert Murdoch, taking a tour through the former docks storage area in Wapping.

The eyes of the middle-aged newspaperman with a gruff Australian accent would have lit up. It was perfect for what he wanted. Somewhere secure, very secure, to protect him and his newspapers during the war he was about to unleash against the print unions.

Huge great walls designed to prevent pilfering of the rum and fine wines kept this area away from the world, and meant it would be the perfect setting for News Inter-

national's contentious, yet ground-breaking, move from Fleet Street.

It was the beginning of the end of the old print system which had held newspapers to ransom for so long.

The year-long dispute after the 1986 move saw around 1,000 arrests and 400 injuries before Murdoch won.

Now the huge site steeped in history, with parts dating back to the early 19th century, has been taken over by developer St George, which plans to turn it into residential and commercial property.

Around 100 residents have been allowed access to the area once known as Fortress Wapping to see the workings of the most famous newspaper empire and the dock operation that existed before it came into being.

This weekend the property firm will begin consultation with the wider community to discuss how they want the site to look.

While the Grade II listed rum warehouse and hundreds of metres of dock storage network will remain,



Much of the complex is listed warehousing



NI hierarchy: Rebekah Brooks and James Murdoch

the electronic print area and *The Sun* offices will be pulled down.

*The Wharf* toured the site this week to look for ghosts of executives who used to patrol its corridors.

Walking around the old arched

and long storage area is haunting. Not much has changed in the 200 years – save the incongruent presence of a dry cleaners.

The print rooms are vast.

Once holding huge, heavy machinery that needed four metre thick concrete slabs underneath to keep it upright, these rooms are now shells. The plant was moved to Broxbourne in 2008.

The main building containing the offices of former executives is now gutted, leaving behind just traces of News International's iconic past.

Former editor Rebekah Brooks' rooms run along the back of the newsrooms. Little is left apart from wires and a phone, while at the back of her office is her dressing room.

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## News



This gutted office once belonged to James Murdoch



Above, Fortress Wapping held at bay the print unions but now developers want the buildings to become part of the community

Left, Rebekah Brooks' dressing room with empty drawers



Below, the News International board room

## W What will the developers do?

"The watchword is permeability – to move away from the iron gates and walls which kept the union activists outside."

Next door lies Murdoch's son James' vast office, and further along is the News International boardroom where many contentious decisions were once taken.

Leading up to this area are walls of memorable front pages for *The Sun*, documenting the drama of the last 25 years.

A short walk away is Times House, where the Times newspapers were based. Built in just 1992 these will be refurbished for homes under the redevelopment scheme.

All newspaper staff moved last year to the nearby Thomas More Square and News International sold the 15-acre Wapping site for £150million to St George earlier this year. The developer's watchword – to move away from the iron gates and walls which kept the union activists outside.

The managing director of St George Central London, Nick Hutchings, said: "We are keen to hear the views of residents on our initial design proposals for London Dock. We want to establish a collaborative approach with the community in preparing our plans and exhibitions will help begin this dialogue."

"We believe the development will reintegrate this important site into the community of Wapping and help create an exceptional place for local people and new residents to live, work, relax and enjoy."

Tours are no longer running but exhibitions about the past and future of the area are this week being held at the site's Pennington Street Warehouse on Saturday (September 8) between 11am and 6pm, and between 1pm and 8pm on Monday (September 10).

On Tuesday it will be open from 11am to 6pm and on Wednesday between 1pm and 6pm.

Go to [londondockconsultation.co.uk](http://londondockconsultation.co.uk).



Rupert Murdoch

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## Drinks focus / Pages 51-54

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NEWS IN  
**BRIEF**

Dates for your diary

**Top TV names set for book signings**

**CANARY WHARF** Fresh from her presenting stints on BBC and Channel 4 at this summer's London 2012, Clare Balding is visiting Canary Wharf to publicise her new book.

The TV personality, who is also now the face of C4's horse racing, will be signing copies of her book *My Animals And Other Family* at Jubilee Place at 12.30pm on Tuesday, September 18.

Meanwhile, on Thursday, September 20, chef Gordon Ramsay is taking over the signing for his book *Ultimate Cookery Course*, also at 12.30pm.

Contact Waterstones on 020 7719 0688 to reserve a signed copy of either book.

**Get in the swing of Olympic sport**

**CANNING TOWN** Adventure seekers can get their fill when a Docklands-based activity centre opens its doors this weekend.

The Outdoors in the City complex, in Canning Town Recreation Ground, will be offering sessions in archery and BMX riding to mark its September Learn The Ropes open day, on Saturday.

Climbing facilities and high ropes will also be available to try alongside a variety of 90-minute taster courses.

Sessions are priced at £8 for children and £10 for adults. Go to [outdoorsinthecity.co.uk](http://outdoorsinthecity.co.uk).



Teams carry the Paralympic Torch through Canary Wharf on its journey to the Olympic Stadium

**Patience pays off as torch makes entrance**

Beth Allcock  
@wharf.co.uk

**C**anary Wharf was awash with colour and full of cheers as Paralympic torchbearers made their way around the estate last Wednesday evening.

Although the relay faced a delay of nearly two hours, crowds of supporters and well-wishers lined the North and South Colonnades to cheer the teams chosen to carry the aluminium torch.

Mum Diane Coates was looking for her daughter Joanna, a sports disability officer in Cardiff, as she carried the flame past Westferry Circus and Cabot Square.

Diane said: "We have travelled up by



Diane Coates: Proud mum

train this morning and we have been wandering around trying to find the right spot," said Diane.

"We are very excited and she's really excited too - she had her hair dyed bright red."

Spectator Emma Coope, 30, from Manchester, said she was determined to get a good spot in Canary Wharf after missing out on seeing the Olympic Flame earlier this year.

"I just love a parade, I get quite emotional," she said. "I'm a soppy one when that kind of thing is going on."

"The Olympics was fantastic but when you have got to overcome something more than just training to be an athlete, that's what makes it all the more special."

Full story at [wharf.co.uk](http://wharf.co.uk)

**All notion of disability just vanishes in bid for glory**

Rob Virtue is blown away by his first encounter with the Paralympic ideal

**T**homas Bouvais lies on the floor of the Excel hysterical and in tears. But the blond and bespectacled 21-year-old, who has a form of dwarfism, has won, not lost, in his class nine qualifying match against the relative giant from Ukraine, Vadym Kubov, who had seen a 2-0 lead disappear.

Frenchman Bouvais is helped to his feet by his coach and continues the long walk away from table two at the Excel Centre to prepare for his quarter-final (which he was to lose) leaving the crowd in North Arena One, including scores of loud, passionate French fans, enthralled.

While the Olympics is a spectacle of the world's best athletes doing battle, the Paralympics is a very different affair.

The quality is typically excellent, exemplified by Bouvais' trademark right-hand topspin. But there's another element - not only have the competitors worked tirelessly to be the best, each has overcome the stigma that they are in some way they are inferior to the able-bodied man or woman.

But the average - or better than average - able bodied man or woman wouldn't have come close to responding to Bouvais' shots.



Going for gold: David Wetherill

A little later Briton David Wetherill, who plays the aid of a crutch, brought the arena's fans to their feet. 2-1 down in the best of five clash with German Tomasz Kusiak and with the match drifting out of reach, 22-year-old Wetherill was a good five feet to the left of the ball as it was placed past him, curling away.

In that moment, without giving thought to his reduced mobility or the crutch in his left hand, he launched himself through the air. As he lay in a crumpled heap on the blue of the Excel floor, he'd somehow not only managed to connect with the ball while in dive-mode but also skilfully played an unstoppable cross-table winning shot that had to be seen to be believed.

Wetherill lost in the qualifier but will be remembered for that fearless effort, afterwards tweeting: "At least I might get a few YouTube hits, Superman diving forehead winner? I practice that I'll have you know."

When these stars are on the table there is no disability, just excellent sports people entertaining the crowds while chasing their dreams of gold.

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STILL TO COME

## SHINE ON

Embrace the dazzling world of digital memories

PAGE 14



## NAILING IT

Keep your fingers on the pulse of latest fashions

PAGE 57



## WIN...

Exclusive, limited edition print from Anna Karenina

PAGE 61



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The Thames Festival promises spectacle and celebration

## Festival goes with flow of party vibe

LONDONERS will have double the reason to celebrate this weekend as an action-packed programme of activities on the banks of the Thames coincides with the Paralympic closing ceremony.

The 16th Mayor's Thames Festival will tap into the rich cultural diversity of the capital to showcase colour, music and dance during its two-day festivities.

More than 800,000 residents are expected to line the river, at sites including London Bridge, St Katherine's Dock and Jubilee Gardens, to round off an unforgettable summer for the city.

Choirs will show off their vocals on the iconic HMS Belfast while steel pan groups from across the country hope to create a record-breaking sound as part of One Thousand Pans, in Jubilee Gardens.

Tower Bridge will be the backdrop for a day of acrobatics by Circolombia and carnival fever will prevail as the UK's largest Rio-Style float signifies the passing of the Games from London to Rio.

An illuminated night carnival will light up the Victoria Embankment on Sunday as more than 1,500 dancers, drummers and masqueraders perform, before a river-based firework extravaganza marks the end of a spectacular celebration.

London Mayor Boris Johnson said: "The Thames Festival celebrates the ingenuity, creativity and verve of this great world capital and will have a significant role to play in our celebrations marking the 2012 Games, adding to the colour and excitement of an amazing year."

Go to [thamesfestival.org](http://thamesfestival.org).

Beth Allcock



## Peer deep into future of travel

ENGINEERS responsible for delivering the next wave of transport regeneration in Canary Wharf will be offering a sneak peek into its progress this month.

Tower Hamlets residents are invited to take a look at the Crossrail site as part of the Open House London weekend, hosted by the Institution of Civil Engineers (ICE) on September 22 and 23.

Guests will be taken behind the scenes where engineers began work to create the train service three years ago.

Michael Bryant, operations executive for Canary Wharf Contractors Limited, added: "We think people will be impressed by the immense space 28m underground, where the tunnel boring machines will come through and Crossrail trains will run." Go to [openhouselondon.org](http://openhouselondon.org).





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# What's on

## GIG

### The Waggon Band

Greenwich Theatre

The theatre cafe bar is set to be transformed into a musical melee once a month as folky collective The Waggon Band begin their regular residency.

The Hampshire group will perform a selection of old and new songs with "a dash of theatricality".

Expect plenty of foot stomping action, instrument swapping and melancholy from a band who formed over a campfire jam in the southern county.

■ Sept 9, Oct 14, Nov 11, 7pm, £5, [greenwichtheatre.org.uk](http://greenwichtheatre.org.uk).

## GIG

### Viva La Divas Festival

Boisdale of Canary Wharf

The venue's patron of music Jools Holland will present the opening night of the festival (8pm on September 12), which celebrates the vocal talents of a wide variety of female singers.

Performing alongside Jools will be Louise Marshall, Liane Carroll and Georgina Jackson, the vanguard to a myriad voices to come over the rest of the month. Other participants include Mica Paris, Ava Leigh and Sarah Jane Morris.

■ Sept 12-29, various times and prices, [boisdale.co.uk](http://boisdale.co.uk).

# Designers rise to crystalline challenge with memory pieces

## EXHIBITION

See what the creatives came up with at the Design Museum

Beth.Allcock  
@wharf.co.uk

In a world where the dominance of digital often comes at the expense of the traditional, 15 designers have been asked to explore our relationship with memories in the technological age.

*Digital Crystal: Swarovski*, a collaboration between the jewellery brand and the Design Museum, aims to let visitors step inside the

creatives' investigation into the things we remember and what they might mean in a digital world.

Those attending can also leave their mark on the exhibition by texting or tweeting Ron Arad's *Lolita*, a chandelier featuring 2,000 Swarovski crystals and 1,000 white LEDs.

Museum director Deyan Sudjic said the collaboration centred on the notion the digital world could now replace objects that traditionally carried memories, and could be passed down for generations to come in their stead.

"It's really asking designers to think 'what can you do about memories once your everyday possessions vanish?'" he said.

"What happens in a world where you dispose of your mobile phone every nine months? What happens to memories?"

"It's human instinct to hand things on but we can't do that, because these objects are vanishing."

"I'm of an age where I was given my father's manual typewriter but I can't imagine giving my children a computer. Swarovski has been a company I have been keeping an eye on for a long time. It does these excellent projects year-on-year and this asks designers not just to show what they can do, but gets them thinking about an idea."

Nadja Swarovski said: "To work with such creative minds and to see how they have responded to the brief is fascinating and offers new insights into our changing relationship with memory and technology."

"Swarovski's commitment to cutting-edge contemporary design and innovation is driven by our work with these visionaries who push the boundaries of how crystal



Designer Hilda Hellström with *The Monument*



Nadja Swarovski and Design Museum director Deyan Sudjic

**W** What was the design brief?

"It's really asking designers to think what can you do about memories once everyday possessions vanish?"

miniature landscape dubbed *The Monument*, strives to tell the mythical tale of Wattens, the home town of Swarovski.

"It is all about the experience of the object rather than having a clear concept," she said. "I like using the tools that Google creates and for this one, I used Google Earth."

"When I got the design brief I went travelling with the Google Earth team to see the home town of Swarovski's headquarters."

"This generated some sort of fantasy in me, I started

can be used as a creative ingredient."

One such "creative mind" is Hilda Hellström, whose creation of a short film and

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Above, Arik Levy with *Osmosis*. Left, Hye-Yeon Park's *Unfamiliar Mass*

viewing it and thought 'I wonder where those people are going?'

Hilda then transferred the images to a 3D package, to create an exact replica of the mountains in Austria, alongside a short film depicting the fictional lives of its residents.

The initial concept for Swedish-Chilean designer Anton Alvarez's *Wrapping Crystal* design originated during his university studies.

His foot-operated machine explores our emotional

connection with short-lived products, weaving objects and crystals together with thread and Swarovski crystal yarn.

Talking of the introduction of crystal to his project, he added: "It is super-nice, they have a subtle secret here – you can't really see the crystals, it is only when you start moving they sparkle and come alive."

"A black surface looks like a black surface until you move."

■ *Digital Crystal: Swarovski, Design Museum, until Jan 13, £10 (£9), designmuseum.org.*

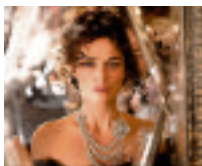
## SCREEN



**Lawless**  
(18) 115mins  
★★★★☆

In the mountains of Franklin County, cops turn a blind eye to the illegal activities of Forrest Bondurant (Tom Hardy) and his siblings Howard (Jason Clarke) and Jack (Shia LaBeouf).

But the siblings' business empire threatens to crumble to its foundations when sadistic Special Deputy Charley Rakes (Guy Pearce) arrives from Chicago to shut down the distilleries.



**Anna Karenina**  
(12A) 95mins  
★★★★☆

Beautiful yet bored socialite Anna (Keira Knightley) travels from St Petersburg to Moscow to support her sister-in-law Dolly (Kelly Macdonald), who has just discovered an affair between her husband and the family governess.

En route, Anna meets dashing cavalry officer Count Vronsky (Aaron Taylor-Johnson) who proves to be her downfall.



**Dredd 3D**  
(18) 95mins  
★★★★☆

In the near future, America has been reduced to an irradiated wasteland and more than 400million people are crammed into Mega City One.

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Directions - Canary Wharf Tube (8 Minutes) - Exit left out of Canary Wharf tube station and walk through the Jubilee Place Atrium to the bridge. Walk over the bridge and turn left, walk along the waterside for 300 metres and you will see the signs for Majingos on the right-hand side.





# Images

## Paralympic special



Natasha Baker of Team GB celebrates her win the dressage individual freestyle test Grade II at Greenwich Park



Switzerland's Marcel Hug competes in the Men's 1500m F54 heat



Iran's Ebrahim Ranjbarkivaj competes in the men's individual recurve archery W1/W2 at the Royal Artillery Barracks



Brazil's Alan Oliveira, right, is congratulated by South Africa's Oscar Pistorius after winning the Men's 200m T44



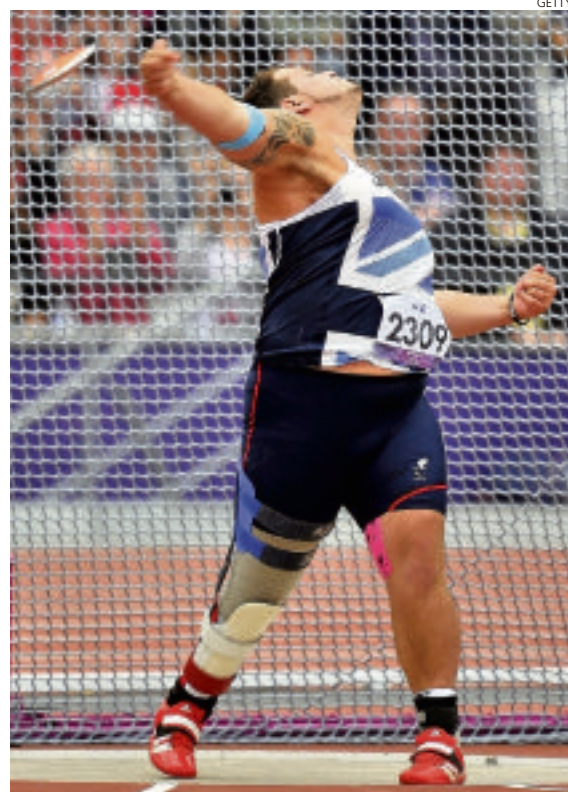




Peter Rosenmeier of Denmark serves during his Men's Singles - Class 6 Bronze medal match against Bastien Grundeler of France



Above, Ellie Simmonds of Team GB competes in the women's 200m individual medley SM6  
Below, India's Jagseer Singh competes in the men's long jump F46 final



Team GB's Aled Davies on his way to winning the men's discus F42



Team GB's Sophie Christiansen celebrates winning Gold in the dressage individual championship test grade Ia



# Images

## Paralympic special



1

British actress Barbara Windsor and the Mayor of London Boris Johnson play sitting volleyball at the Paralympic Games

REUTERS  
Suzanne Plunkett  
BRITAIN

2

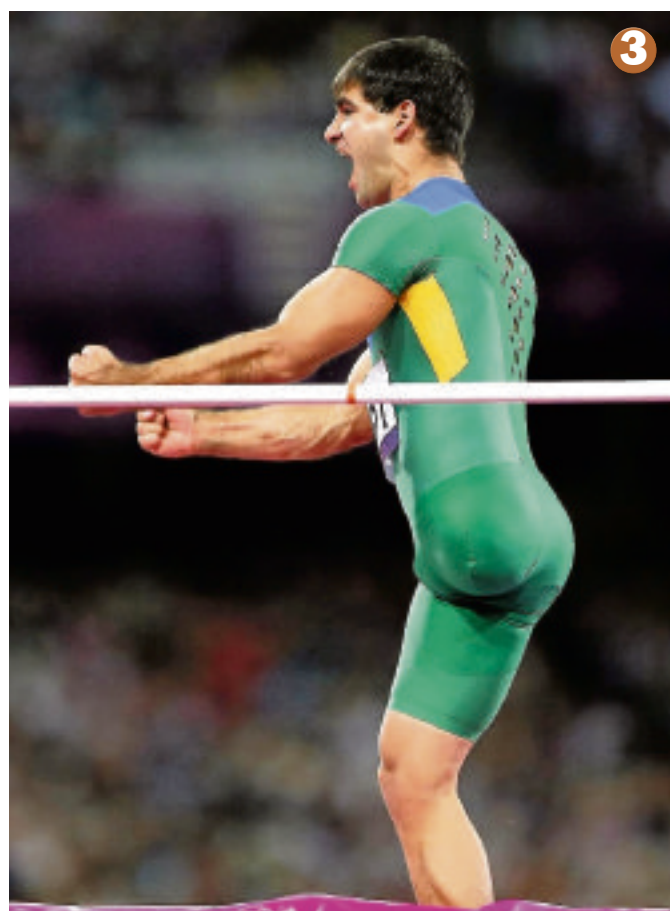
Richard Whitehead of Team GB celebrates winning the Men's 200m T42 classification final at the Olympic Stadium

REUTERS  
Toby Melville  
BRITAIN

3

Brasil's Flavio Reitz celebrates during the men's High Jump Final F42

REUTERS  
Stefan Wermuth  
BRITAIN





# Focus Drinks

## GO DRINKING

■ Head to this 650-capacity venue at the heart of West India Quay designed to host functions from work gatherings to birthday parties.

Henry's, Unit C, West India Quay, London, E14 4AX, 020 7515 8361, henryscafebar.co.uk.

■ Try out this traditional boozier for a fine selection of ales, great dock views and tasty food.

The Cat and Canary, 25-27 Fisherman's Walk, Building FC2, Canary Wharf, London, E14 4DH, 020 7512 9187, catandcanary.co.uk.

■ The biggest drinking development at this establishment in recent years is the opening of its superb outdoor area.

Amerigo Vespucci, 25 Cabot Square, Mackenzie Walk, London, E14 4QA, 020 7513 0288, amerigovespucci.co.uk.

■ The cocktails at this hotel's bar, dubbed WXYZ, make the journey further east well worth the effort.

Aloft London Excel, One Eastern Gateway, Royal Victoria Dock, London, E16 1FR, 020 3203 0700, aloftlondonexcel.com.

## Bermondsey brewer says his firm will be staying compact

### INTERVIEW

Why the capital's bespoke brewers are working together to win market share

Rob.Virtue  
@wharf.co.uk

It was recently claimed that even if Bermondsey-based Kernel Brewery doubled its weekly production of 10,000 bottles it would still fall short of demand.

But to expand rapidly and move into bulk production is not the ethos of the successful micro-brewery.

"Isn't it always healthy to be in a situation when you haven't got enough?" asked Kernel founder Evin O'Riordan.

And that's true to a large extent as

over-production can damage a brand while tight supply creates a buzz and premium status.

But there is a simpler reason why Kernel – brand of choice for many a beer-lover – stays tight and true.

"I have no intention of becoming a big company with 600 staff," said Evin.

"That's not to do with the quality diminishing it's more to do with the attitude.

"There's eight of us here and we all know each other, go out and enjoy each others' company. You can't do that in a huge company where you don't know everyone's name."

Its compactness adds to the romance of the product.

Kernel brews its beer underneath the railway arches of Bermondsey. It is mostly distributed to

restaurants but also sold to people who visit the brewery on Saturdays between 9am and 3pm.

However, the demand comes from far and wide with word now breaching national boundaries.

"There can be demand from all over the world for these kinds of beers," said Evin.

"From Australia I had three inquiries last week. But it's silly to send beer for three months to Australia where the freshness will drop but you are having to charge them much more money because of the weight of the delivery.

"So I told them to brew their own.

People always want what's far away and what's hard to get – but I still won't send it though."

Continued on Page 52



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Aloft London Excel, One Eastern Gateway, Royal Victoria Dock, London, E16 1FR



# Focus Drinks

## From Page 51

Kernel was established in 2009, contributing to a four-fold increase in UK breweries in the last 30 years.

A key to the success of Kernel, and many of its contemporaries springing up in the capital independently making beer, is the London Brewers' Alliance.

Last week, around 30 members gathered on the South Bank to try a 1925 stout Kernel had put together.

And its mutual love which sees the beer community get on well.

"You get to share information with like-minded people in the industry," said Evin.

"And if you run out of a certain ingredient you ring someone up and say can I borrow yeast or malt for example and everyone is helpful.

"We focus on ales and stouts mostly but the other week we were brewing a lager so I called up the Camden Town Brewery who helped us out. Or someone like Fullers with its long history, is keen to answer questions."

This form of altruism may not seem to most executives to make great business sense but it's formed the community which the brewers believe creates a buzz in the marketplace.

"Perhaps one or two brewers don't understand that but most of us think that together we can do more than on our own," said Evin.

"That we can open up doors to sell beers rather than fighting over the model."

Go to [thekernelbrewery.com](http://thekernelbrewery.com).

## Evin says

### ■ What's been the catalyst for the growth in London's independent micro-breweries?

"My background is in food where I had a stall at Borough Market for years selling cheese.

"In the food environment people are taking more care, in both what they eat and what they drink with it.

"Trends for local produce and organic goods have moved from food to beer.

"Now people are paying attention to what they drink and are not happy to just turn up and take whatever. I suppose wine has also influenced that to an extent."

### ■ Have there been any outside influences that have had an affect on the capital's drinking?

"There is also the influence of the brewing industry in the United States, which is where we get a lot of our style from.

"They are much more vibrant beers over there and maybe the whole thing is seen as a bit cool and trendy as a result.

"People who travel around a bit may go to New York and go to a bar where they drink excellent beer and then they return to this country wanting something similar from the brewers here.

"The beers we make are that style. It's not by design – we don't make this beer to be trendy, but that's what has happened."



The Gun offers seafood on its terrace during the summer months

## Gun is best for dining

A DOCKLANDS pub is a cut above its competitors after securing a coveted award for the second year running.

A combination of diner reviews and an anonymous inspection helped The Gun, in Coldharbour, retain its position as the Best County Dining Pub of the Year in The Good Pub Guide 2013.

It was praised for its interesting and imaginative menu and a commitment to "proper pub values".

Tom Martin, of ETM group, said: "With London's gastropub scene burgeoning, it is a real achievement to have won two years in a row and a testament to the kitchen and front of house team we have here at The Gun."

Go to [thegundocklands.com](http://thegundocklands.com).

Beth Allcock

## GO DRINKING

■ Whether it's a cocktail or something more run of the mill, Via can deliver alongside simple, well-cooked food.

Via, 2 The Port East Building, Hertsmere Road, London, E14 4AY, 020 7515 8549, [viabars.co.uk](http://viabars.co.uk).

■ Boisdale not only offers live music, complimentary bar snacks and very knowledgeable staff, it has a truly epic collection of whisky.

Boisdale of Canary Wharf, Cabot Place, Canary Wharf, London, E14 4QT, 020 7715 5818, [boisdale.co.uk](http://boisdale.co.uk).

■ Wander upstairs to this restaurant's compact but very pleasant bar area and sup tequila or a selection of Mexican beers.

Wahaca, The Park Pavilion, Canada Square, London, E14 5FW, 020 7516 9145, [wahaca.co.uk](http://wahaca.co.uk).



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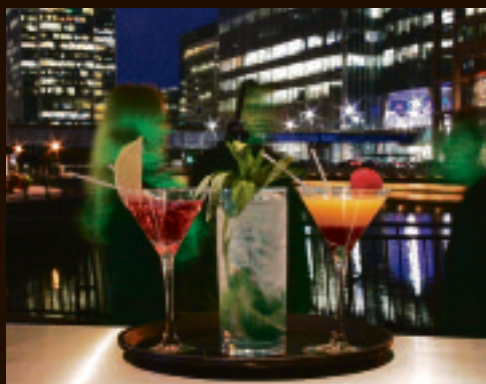
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- THE CAT & CANARY PRESENTS -

# 241

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**Family / Page 56**

# Focus Drinks

## Pub re-brands in celebration of Paralympics

**R**egulars at a Greenwich pub might have been forgiven for thinking they'd one too many after returning to find their favourite drinking hole transformed for the Paralympic Games.

The Pilot Inn, in River Way, has been selected as an official meeting point for the friends and family of members of the visiting wheelchair basketball teams.

Pub manager Beata Banafzak said she was told about her establishment's status by the British Organisation for the Paralympic Games basketball team a couple of months ago, which gave her just enough time to organise a new sign, emblazoned with temporary title "The Wheelchair Basketballer", along with photographs, a disabled ramp and updated uniforms for staff.

"The signage will be up until September 10 and we've had a lot of interest," she said.

"Inside, the pictures of the old Pilot have been replaced with basketball athletes.

"There are new staff T-shirts too, with messages including 'The First Wheelchair Basketball Pub in the World'. We are really enjoying it, and so many people are coming around and looking at The Pilot, it has been great."

Beata said pub staff would be serving a number of Paralympic officials and referees during the course of the Games, while the venue itself would also act as a ticket-



The Pilot in North Greenwich has become The Wheelchair Basketballer

collection point for certain events. And should any athletes end up behind the bar, Beata and her team are fully-prepared to capture the moment on-camera.

"I am really proud," she added. "It's fantastic, it makes us feel really special that we have been chosen to do this."

**Beth Allcock**

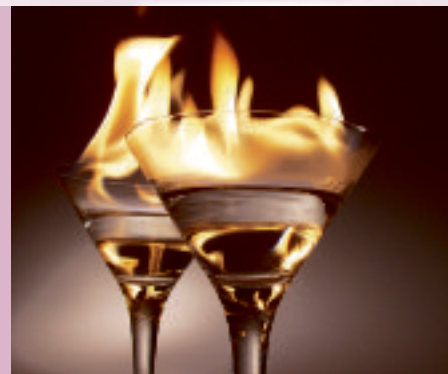
**GILT** LONDON  
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Situated in the heart of the City, Gilt London bar and restaurant is conveniently located right next to Fenchurch Street station and is the perfect place for lunch, a quick bite, early evening dining or after work drinks.

Gilt offers a chic, modern and informal ambience. Its design and interior are deliberately 'chameleon', moving effortlessly from day to evening with clever use of exquisite ceiling lighting. The Paul Smith inspired blinds and comfortable booth dining, sit alongside up-market restaurant dining and make the transition in one easy movement.

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# Food

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REVIEWS  
ONLINE**  
wharf.co.uk

## Freshness and fun wins over elegance and sophistication

D&D venue charms **Rob Virtue** with its simplicity, service and stunning river views



Left, grouse at the Blueprint. Above, the cafe is on the river and offers views of Tower Bridge

### REVIEW Blueprint Cafe Shad Thames

**N**estled a little further along the South Bank from its neighbours and fellow D&D restaurants Le Pont De La Tour, Cantina Del Ponte and Butler's Wharf Chop House, you would think the Blueprint Cafe would follow a similar theme.

It doesn't. While its sister venues – all four have been designed by Sir Terence Conran, former owner of the D&D chain – plump for elegance, the latter is fresh and fun.

The Blueprint is based on the first floor above the Design Museum in Shad Thames with full length windows offering magnificent views of Tower Bridge and east along the Thames to Canary Wharf, amid (if you're lucky)

the glorious sunshine. The interior is a world away from the other D&D venues, going for a simplicity which belies the food.

Head chef Mark Jarvis, formerly a protégé of Raymond Blanc at Le Manoir aux Quat'Saisons, has brought flair to the kitchen.

Despite only having been in there since the beginning of summer, he is already stamping his authority on the menu with some quirky, refreshing dishes.

Starters, for example, consist of the likes of homemade black pudding underneath a perfect poached egg, with an apple puree. An immaculate dish that is paired fantastically with the recommended Sancerre.

Less of a feast for the eyes but still a glorious offering was the cured in-house salmon, which worked brilliantly with the dill and its sauce.

Seasonal mains currently include

### W What's on the venue's menu?

"Seasonal mains currently include wild black bream, with Israeli cous cous and chorizo, and Herons Farm pork belly."

Rob Virtue

wild black bream, with Israeli cous cous and chorizo, and Herons Farm pork belly. As my visit fell during the 12 weeks of the grouse, it didn't take much tempting to opt for the juicy, rich game bird.

Two beautifully cooked tender breasts appeared alongside an array of differently shaped and coloured carrots, with blackberries and a tasty brioche puree.

An added piece of wonderment was

the smoked mash potato, creamy and with the aftertaste acquired with the aid of a smoke gun.

Again, the mains were superbly matched with a hearty and deep Cotes du Rhone. Desserts such as cherries, bitter chocolate and Disaronno foam, also display exemplary form.

The service is immaculate from very knowledgeable staff. Value-wise it's very competitive for the setting and the quality of food.

Lunchtime set-menus are £15 for two courses or three courses for £20, with three pounds extra in the evening. *Blueprint Cafe, 1st Floor, Design Museum, 28 Shad Thames, London SE1 2YD, 020 7378 7031, blueprintcafe.co.uk.*

### Our verdict

Something different from D&D at Shad Thames

★★★★★

## Not good enough to justify the pricing

### REVIEW

**The Hampshire Hog**  
Hammersmith

**S**ometimes it's hard to pinpoint exactly why you don't like a restaurant (or in this case a gastropub).

It can be an intangible feeling, a wispy mood that steals over you while you're tucking into otherwise exemplary courses. And that's tricky because it's difficult to communicate what was wrong.

Fortunately the Hog has made it simple. It's not the decor, which is homely if bland. It's not the service, which while slow initially was full of smiles and slicked up as the evening wore on.

It's not the clientele either, moneyed 50-somethings with the odd loud young professional with his City shirt rammed aggressively into his jeans. It's the food.

Balance is the problem with our starters. My companion's lemon and goats cheese ravioli (£6.50) were delicious in isolation but overpowered by an inexplicable proliferation of beetroot.



The Hampshire Hog

My soft shell crab in tempura batter (£8) had nothing but the flavour of stagnant oil helpfully masked by an overly large pile of (admittedly delicious) spicy soba noodles.

The mains were unimpressive too with a sirloin (£21) cooked rare enough but presented with under-seasoned chips and an ineffectual butter garnish. Vegetable tart (£14) wasn't much better. Desserts were great but too little too late.

On a more positive note we did enjoy decent cocktails and a handsome Argentinian malbec so go for a drink, but it may be wise to eat elsewhere beforehand. *The Hampshire Hog, 227 King Street, London, W6 9JT, 020 8748 3391 thehampshirehog.com.*

Jon Massey

### Our verdict

A pleasant place for a pint but not worth the journey to eat

★★☆☆☆

### LAUNCH Blue firewater is dangerous stuff

Agwa de Bolivia will unveil an extension to its herbal liqueur brand in the guise of limited edition CocaBlue later this year.

We attended a tasting of the spirit (created from 100 per cent coca leaf distillate), which will be released to coincide with the brand's End Of The World promotion on December 21. It's pungent but rounded and very warming. Be warned. *Go to agwabuzz.com.*



### OPENING Pop-up restaurant to showcase fish

Billingsgate Seafood School has decided to utilise its expertise and open a pop up restaurant in association with Feng Sushi.

Situated in the market on a balcony dishes offered will include seafood mezze platters, sashimi platters, tempura and Billingsgate merchants' fish stew.

The restaurant will initially be in place from September 14-28 for lunch only.

Call 020 7517 3458 or email [info@seafoodtraining.org](mailto:info@seafoodtraining.org) for bookings.

*Go to seafoodtraining.org*



### FESTIVAL Indian to reel in seafood lovers

An Isle of Dogs Indian restaurant Memsahab on Thames is kicking off its annual fish festival later this month.

The venue, a favourite of TV chef Delia Smith, will run the seafood specials from September 18 to October 25.

Dishes on offer include sea bass, black cod, halibut and red snapper, as well as shellfish such as prawns, crabs and lobster, all served in sauces ranging from garlic to very spicy.

*Go to Memsahab.net/seafood-festival.*



# Family

## WORKING MUM

By Tabitha Ronson

Just clowning around with my joke tum

If the Paralympics weren't enough of a highlight to my unfit and overweight frame, to showcase my lack of self-discipline, a trip to the Moscow State Circus at the weekend certainly was.

A pleasant afternoon spent at the circus. What possibly could put a damper on proceedings? Only a galaxy of litherome Russian lovelies.

From the high priestess of Russian Circus Yana Alievia whose aerial chandelier performance was breathtaking in its daring and grace to the effortlessly elegant female members of the high wire troupe The Stalkions, there wasn't a thread vein, dimpled thigh or bingo wing in sight.

As I sat ringside alongside Master A, I wasn't so entranced by their death-defying feats as I was by their physiques, stamina and fitness.

Oh, to be that fit and strong.

“How did I become this overweight mother?”

flapping every time I applauded, I really did feel the unhealthiest I have in years.

When did it get to the point where I can't even suck my tummy in any more as there isn't enough space for it to be “sucked” back into? How did I become this flabby, two-stone overweight, single working mum?

I can see how one feeds into the other. Left unchecked I could easily join the ranks of US heavyweights Donna Simpson and Pauline Potter. One roll of fat rolls into another.

It takes moments such as watching the remarkable performances by Paralympic poster girl powerhouse swimmer Ellie Simmonds, and a trip to a circus where every performer is trim and toned to realise that to be strong is to be beautiful.

I'm tired of the excuses I use for not getting fit. I'm tired of feeling sluggish.

And then pointing up at the perfect Yana swinging from her chandelier, Master A says: “Mummy, she looks just like you...”

*Working mum hoping to always appear perfect in the eyes of her gorgeous boy.*



## Getting kids active as soon as you can

Marathon runner Paula Radcliffe tells Lisa Salmon why she's fronting nappy firm's campaign

After the huge disappointment of missing the Olympics through injury, marathon star Paula Radcliffe has turned her attention from running to another of her passions – children and sport.

In the true spirit of Olympic legacy, the world record holder is fronting the Pampers Little Athlete Campaign to encourage babies and children to get involved in sport and exercise.

The athlete, who's waiting for surgery on the degenerated ankle joint that forced her to pull out of the Games, is appearing in videos showing how to get youngsters active.

She said: “I think the biggest legacy of these Olympics is that young children will have watched a sport, be inspired to try it and then they'll be hooked.”

Radcliffe, who has two children – Isla, aged five, and Raphael, nearly two – has teamed up with baby development expert Dr Maggie Redshaw to give parents simple tips.

Radcliffe said: “As an athlete I know how effort and determination can help us reach our full potential. As a mum I see the same determination in my children as they learn to overcome every day challenges through play.”

“Supporting today's little athletes, whether or not they grow up to become tomorrow's professional sports stars, is so important as play helps babies develop.”

The play and skills Radcliffe and Redshaw are highlighting include simply letting baby hold your finger as they walk to help them balance, encouraging baby to use push/pull toys to improve coordination, and creating lower, softer

surfaces for baby to climb on to – like a big cushion or your lap.

There's also introducing simple ball games and encouraging youngsters who can walk to chase after balls. Such fun with balls should encourage active play – running, chasing and working with other people, explains Redshaw.

Radcliffe, 38, said she had always been passionate about introducing children to sport.

She said: “Kids naturally want to run around and play, and it's the best way to bond with your children and help them discover and learn.”

She said her kids loved sport, and she expected them to be sporty as they grew up.

However, she won't be pushing them into it.

She said: “My parents never pushed me into running – it came from me, it was what I wanted to do, and if you're going to



W Is it ever too young to start?

“Children and babies need to move around – it's vital. This is when the foundations are laid down for a lifetime of activity.”

take it to the very highest level, that's the way it has to be.

“You should be doing a sport just because you love it, and that's why I would never push my kids into it.”

“It's better that children get the chance to do lots of different sports, as it's best to find something you love doing than force yourself to do something you don't enjoy just because it's good for you.”

She said: “The Pampers Little Athlete campaign is a good way to make you think that it's not the best thing for your child just to be plonked down and left there.”

“Children and babies need to move around – it's vital. This is when the foundations are laid down for a lifetime of activity.”

Go to [facebook.com/pampersukire](http://facebook.com/pampersukire) for more information.

## FICTION Between The Lines

Jodi Picoult & Samantha Van Leer

★ Tackling difficult issues like sexual abuse, assisted suicide, school shootings and organ donation, American author Jodi Picoult's stories don't often end with a happily ever after.

So, in writing a fairytale for young adults with her 16-year-old daughter, Samantha Van Leer, has Britain's biggest-selling female adult fiction author gone soft?

Apparently not. This is not your run-of-the-mill story, as it involves a prince called Oliver trying to escape the pages of a book and making contact with Delilah, a 15-year-old loner who is shunned



The mother and daughter team

by most of her classmates and has become obsessed with the book in which the prince appears.

It's a far cry from the young adult fiction world of vampires and werewolves which has taken off in recent years thanks to the *Twilight* series. But Jodi and Sammy are aiming for a slightly younger target audience, from age eight upwards.

Jodi credits her daughter with the idea, although her mum's name is in bigger print on the cover. And Sammy is aware that some might accuse her of nepotism.

“I know that her name has definitely helped me in this,” she said. “She has definitely given me a leg-up in the process. She already had an agent so we didn't need to find me one.”

“But I know that we wrote this book together, so I'm not worried.”

Jodi, who won the Richard & Judy Best Book award in 2005 for her novel *My Sister's Keeper*, married her college sweetheart, Tim Van Leer, an antiques dealer, and gave up work to look after their three children when

they were small. But when her husband came home she'd hand them over to him and escape to write.

Sammy will be the last of the three to leave home but Jodi's not worried about empty nest syndrome.

She said: “I don't worry about it as much as my husband does. I like to think there's an opportunity there to spend a lot of time travelling and for him to come on tour with me, which he hasn't been able to do because he's been with the kids. I think it's going to be a new adventure. Plus we'll stalk her at college.”

*Between The Lines* is published by Hodder & Stoughton, priced £12.99

Hannah Stephenson

books



# Life

## BEAUTY

Take inspiration from the athletes and show your support with your nails, writes **Beth Allcock**

**P**icture one of this summer's many Olympic media frenzies, with flashing cameras capturing the overjoyed emotions of medal-winning heroines.

In those moments of extreme elation, it was images of the athletes' perfectly painted nails, adorned with petite flags, that set the fashion radar buzzing off the scale.

It's true to say that nails have been put under the worldwide spotlight this summer, with the likes of swimmers Rebecca Adlington and Missy Franklin expressing their patriotism with finely-painted flags.

Vanessa Williams, London area manager for Nails Inc, including the Canary Wharf bar, said Wharfers were firmly on-trend.

"It's interesting some athletes only feel their outfits are complete with having nail art," she said.

"We have Union Jack bars as part of our product range they were very, very popular in our Canary Wharf store as well as online.

"The manager in Canary Wharf noted how she was getting so many requests throughout the Olympics from customers for all sorts of flags, and we had lots of requests and we are more than happy to create flag designs."

For those who fancied something a little less daring, but underpinned with Olympic spirit, Nails Inc's Metallic Collection offered budding fashionistas a chance of rocking gold, silver or bronze.

But nails are not just a trivial fad, brought on by London's Games.

Vanessa said nail and cuticle care was an integral part of fashion.

"Nails are becoming such a vital



Competitors at the Olympics and Paralympics show off their nails

# NAILED

accessory, they're a very important part of grooming," she said.

"In the same way you feel fabulous in a nice new outfit or hair cut, you can feel equally great if you have nice nails.

"Whether it is people in the press who have amazing nails, features in magazines or just the wealth of nail polishes available, it is very clear nail polish is really important at the moment, as important as having any other accessory.

"It is a really good way to try new trends – it is certainly on the radar."

She said: "The Vitamin E cuticle pen is a really easy way to start, you don't need any special skills to use it.

"A base coat to me is very important too – it is not just about having a base coat to make polish last as long as possible. You can get a variety of different base coats for different nail types.

"For people suffering from bendy nails, weak nails and dry nails we have

**W** How often do I need them done?

"People are very nail savvy. I'd recommend visiting a professional salon every three to four weeks – that's ideal."

four treatment packs, and I would say to use the pack on a weekly basis.

"People are very nail savvy. I'd recommend visiting a professional salon every three to four weeks, that's the ideal, and in between you can do your nail care at home."

And now for the fun part – colour. Stepping into the Nails Inc bar is akin to walking into a sweetshop – you want to grab handfuls of polish, stuff them in your bag and take them home to try, all at once.

And for the chain's fashion-savvy clients in Canary Wharf, the Porchester Square and Baker Street shades are their goodies of choice.

"Watch this space for our graffiti range in the next couple of months, but at the moment, it is very much about our autumn/winter collection at Canary Wharf," said Vanessa.

"We have got a new collection of six mini-polishes and we just wanted to be able to draw on the important trends for the season so people can try them out.

"The collection includes a forest green shade, Bruton Mews, which will be big for the season."

And to get the perfect painted nail? "Don't be afraid to load the brush with colour," she said. "We operate on a three-stroke basis – start in the centre and then one stroke on either side. The second coat is when you fill in the gaps."

And with a dash of top coat, you'll be done. So no excuses then. We've got four years to prepare for Rio de Janeiro and by then our nails should be in tip-top condition and vying for a gold medal of their own.

Nails Inc at Canary Wharf offers a special Manicure Express at £28 or a Heavenly Hands package for £38.

Go to [nailsinc.com](http://nailsinc.com) for more information or to book.

★ Get ahead of the fashion pack and keep your eyes peeled for this selection of jewel-inspired treats to take you all the way through the autumn/winter season.

Due to be released in October, Limited Collection at Marks and Spencer has created a sparkling range of polishes guaranteed to grab attention.

And at £3.50 per pot, they come at a price your purse will forgive you for. Go to [marksandspencer.com](http://marksandspencer.com).



★ What better way to give your hands the care and attention they need than with L'Occitane's luxury petal soft Cherry Blossom hand cream. Priced at £14. Go to [uk.loccitane.com](http://uk.loccitane.com).



★ Dazzling shine and a metallic finish make these shades a polish-perfect way to show your support for Team GB's Paralympic medal haul.

Nails Inc's limited edition Medal Collection Trio includes new lines Wembley, a gold duo chrome polish, Greenwich Park, a pot full bursting with a silver glitter sheen and last, but certainly not least, Horse Guards Parade, flying the flag for bronze-medal achievements with a metallic finish.



As with all Nails Inc ranges, the polishes apply perfectly, the brush allowing a controlled application of colour onto the nail. The polishes cost £25 for a set of three. Go to [nailsinc.com](http://nailsinc.com).

## TOP tips



### Hang onto your holiday body

Hold off on post-hols comfort eating and instead hit the sushi, salads and spinning hard so that you're cruising into autumn in tip-top shape.



## Get the look: Matthew McConaughey

**T**he hunky US star is resorting to extreme measures to shed pounds for his latest role.

**How he does it:** Filmed on set looking gaunt last week, actor Matthew McConaughey is a far cry from the bulky stripper he played in his last role.

Currently on a mission to lose over two stone for his role in upcoming film *The Dallas Buyer's Club*, he's currently existing on liquids only and "drinking lots of tea".

**Do it for yourself:** The chances are not many of you need to get in shape for a Hollywood blockbuster in a hurry – good thing too as two stone in very little time is hard work and probably does indeed call for a bit of fasting.

Fasting's been around for

centuries either as a way of cleansing the body or as part of a religious ritual. Nowadays it's a fashionable way of attempting weight loss.

So is it safe, even if just for 24 hours? Not for pregnant women, infants or anyone with any kind of liver and kidney problems, or if your immune system's compromised in any way. Research has found that the odd fast only helps with temporary weight loss for up to two weeks, but that regular fasting one day a week is a safe and effective way to lose weight.

As for detoxing and cleansing the body, most doctors and scientists still believe the liver, lungs, colon, kidneys and skin do a splendid job all on their own.



GETTY

## Q&A

I am already struggling to stay on track with my summer regime and autumn's not even here yet. What do I do when it gets colder?

You have to strike a balance between being a bit tough on yourself and becoming your own personal trainer, and at the same time being aware of your own limitations.

If you struggle to rise with the alarm on a warm summer's morning maybe think about exercising at a different time of day.

But you need to be aware that while it can be tougher to work out as the seasons change, that's no reason not to do it.



# WLTm

Kick-start your love life with  
The Wharf's own dating service

## Place an ad

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
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call using your MOBILE  
**0333 313 4458**  
(You will get charged your standard network rate)

If you have a **photo** you're 6 times more likely to get responses! Simply text your solo picture along with your 6 digit mailbox number (space) 4 digit pin number under your photo, to 0779 366 6363. Or send by email to: support@jmediauk.co.uk with your Mailbox & pin number.

For **message collection** call  
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
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For Help Call **0844 800 1188**  
Mon - Fri 9 to 5 or email us at support@jmediauk.co.uk

## Women seeking men

Guys Text n' Chat. Text in now and chat to local people.  
Send : CHATUP018 To : 65125 (T&C's below)

**BLACK** lady, looking for male for relationship. Tel No: 0906 500 3729 Box No: 396139

**YOUNG** at heart 61yr old female, varied interests, likes music, dancing, pubs, meals out, theatre, seeks kind, caring, reliable man for friendship and more. Tel No: 0906 500 3729 Box No: 396069

**DEBBIE** is 28yrs, petite and blonde. Loves gym and fitness. WLTm a sensitive male, looks and age unimportant. ACA. Tel No: 0906 500 3729 Box No: 395659

**HI** I'm Jane a 40yr old divorcee with 3 children, looking to fall in love again, seeks genuine, confident, very tactile male. Tel No: 0906 500 3729 Box No: 386643

**FIONA** 49, pretty, slim, blonde, seeks generous gent, 65 plus for mutually rewarding liaisons. Discretion assured and expected. Tel No: 0906 500 3729 Box No: 396187

**FRANCES** is a curvy mid 40's lady, loves most things, could she love you? Call to find out. ACA. Tel No: 0906 500 3729 Box No: 395653

**YOUNG** looking blonde, 53, likes football, music, holidays, seeks caring male, 50-55 for LTR. Tel No: 0906 500 3729 Box No: 392796

**FEMALE** seeking Mr Right, are there any heroes still out there? Tel No: 0906 500 3729 Box No: 393597

**HI** I'm Jo, petite, pretty, fed up with own company, seeking male to help me get back into the swing of things, for uncomplicated fun times together. Tel No: 0906 500 3729 Box No: 387103

**KAREN** 38 slim and attractive seeking confident professional for companionship, status/looks unimportant. Tel No: 0906 500 3729 Box No: 392407

**DONNA** 24yr old single nurse, curvy, pretty, brown hair, big eyes, single and fun to be with. WLTm mature male for romance 25-45yrs. Tel No: 0906 500 3729 Box No: 391117

**DEBBIE** slim outgoing approachable attractive lassie, 33yrs, GSOH, sporty, looking for non serious fun male for friendship, maybe more. Any age/looks/status. Tel No: 0906 500 3729 Box No: 387101

**KEIRA** 34yr old very attractive naughty female, fed up of staying in alone, looking for likeminded naughty boy for fun times. Can be discreet. Tel No: 0906 500 3729 Box No: 384055

**KIM** 37, slim blue eyed brunette, divorced with no ties, very discreet, looking for a genuine convenient friendship/more. Status unimportant. Tel No: 0906 500 3729 Box No: 384049

**PRETTY** petite brunette, loves music, quiet nights in seeks lovely mature male who can make her feel sexy again. Tel No: 0906 500 3729 Box No: 374426

**GENUINE** professional black female, 40yrs, 5ft 7ins, size 12, seeks educated, professional, affectionate well spoken white male 35-50yrs. Tel No: 0906 500 3729 Box No: 389699

**BLACK** lady, bubbly, friendly, kind, black hair, brown eyes, seeks Irish male to love and care for me. Tel No: 0906 500 3729 Box No: 394767

**YOUNG** looking female, 64, attractive, nice personality, seeks nice Essex man, 63-70 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 395089

**FEMALE** 25, professional, likes nights out, socialising, seeks male. Tel No: 0906 500 3729 Box No: 360961

**MAXINE** 46, 5ft 8ins, slim, outgoing, bubbly, GSOH, looking for good times, cinema, meals out etc. Tel No: 0906 500 3729 Box No: 392512

**ATTRACTIVE** mature, outgoing Caribbean female, seeks interesting companion for socialising, good conversation and glass of wine. Tel No: 0906 500 3729 Box No: 367799

**JANE** pleasant, slim, enjoys socialising, seeking someone of similar age, 65-70 for company. Tel No: 0906 500 3729 Box No: 394779

**PAULA** 27, attractive, brunette, very outgoing and sensual looking for similar male for mature broadminded relationship. Tel No: 0906 500 3729 Box No: 394571

**MICHELE** very attractive black single mum, 32yrs, someone you could take home to your mother, seeking a one in a million guy. Tel No: 0906 500 3729 Box No: 391879

**VANESSA** attractive, glamorous black lady, 5ft 6ins, curvy size 14, seeks caring, loving, solvent, generous, white male, 35-55 for fine dining and travel. Tel No: 0906 500 3729 Box No: 387184

**LOVING** tactile female, no ties, would love to be seduced by a fun loving, mature male. Looks unimportant. Tel No: 0906 500 3729 Box No: 369106

**TRACY** good looking, brunette, employed, own flat, likes nights in/out, travel, WLTm outgoing male for holidays, laughs and good times. Tel No: 0906 500 3729 Box No: 379559

**NIAMH** slim attractive female, well travelled and body confident, seeking mature male who can handle a real woman. Or at least thinks he can. ACA. Tel No: 0906 500 3729 Box No: 384051

**30YR** old black female, looking for male, 25-55 for LTR. Tel No: 0906 500 3729 Box No: 395463

**BUSTY** young blonde, 22, endless legs, loves dressing up. Imagine... we could have such fun together! Tel No: 0906 500 3729 Box No: 373120

**LADY** mid 60's, seeks gent of similar age for friendship, maybe more. Tel No: 0906 500 3729 Box No: 395281

**TRACY** mum of two, blonde, slim, attractive, tactile and very sexy for age, WLTm male 30-50yrs for ltr, single dad welcome. Tel No: 0906 500 3729 Box No: 394665

**24/7** heaven! Seductive young girl, pretty, shapely feminine, dark hair/eyes, loves to make her man happy, seeks discreet male for fun friendship. Tel No: 0906 500 3729 Box No: 377606

**SALLY** 27yr old Air Hostess seeking honest reliable male to join the mile high club, discreet liaisons and friendship with benefits. Tel No: 0906 500 3729 Box No: 394655

**CHRISTINE** 65, lively, blonde hair, likes dancing, keep fit, gardening, seeks male of similar age. Tel No: 0906 500 3729 Box No: 395475

**GILLY** green eyed red haired nurse looking to start a new life with similar lonely male also looking for genuine love. Tel No: 0906 500 3729 Box No: 395043

**KAREN** 34, sexy leggy brunette who knows there's more to life than just work! WLTm confident professional male for time off meets in London and fun times. Tel No: 0906 500 3729 Box No: 342525

## Found Love?

Our editors would love to hear your success story, email or post it to us (a photo would be nice too!) and we will send you a gift voucher to say thanks!

email:  
support@jmediauk.co.uk  
mail to: JMedia UK Ltd,  
SW4 7BX

**CLAIRE** 19yr old bored busty blonde seeking male for fun times in or out. Discretion assured. Tel No: 0906 500 3729 Box No: 395033

**LYNDA** very attractive attached female, own transport and willing to travel, seeking similar natured male for extra circular activities. Must be discreet. Tel No: 0906 500 3729 Box No: 386653

**JACKIE** 32 attractive classy professional, blue eyes, brown hair, healthy/trim, well travelled, feminine, smart, seeks male, 40-50yrs. Tel No: 0906 500 3729 Box No: 391013

**CURVY** lady, size 18, 52, seeks honest, decent male, 40-50 for lasting relationship. Tel No: 0906 500 3729 Box No: 387343

**GEM** black 58, caring, down to earth, size 16-18, likes most things, homely, seeks caring male, 55-60 for friendship. Tel No: 0906 500 3729 Box No: 393727

**BUSTY** young at heart female, 60, 5ft 6ins, dark hair, hazel eyes, N/S, likes music, travel, meals out, coast, GSOH, seeks tall, caring male, 58-64 with GSOH for friendship, maybe more. Tel No: 0906 500 3729 Box No: 393279

**EARLY** 50's white lady, looking for male, 49-59 with similar interests. Tel No: 0906 500 3729 Box No: 393261

**SRI** Lankan female, attractive, kind, many interests, seeks British white male, 35-40, kind, honest and caring for LTR. Tel No: 0906 500 3729 Box No: 393219

**HAPPY** go lucky 50yr old female, blonde hair, blue eyes, seeks genuine, happy go lucky male of similar age. Tel No: 0906 500 3729 Box No: 359051

**GEMMA** early 60's, slim, blonde, blue eyes, seeking male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 393105

**BRIGHT** bubbly, curvy blonde, bit of a romantic, seeks loving male to share the fun loving side of life with. Looks unimportant. Tel No: 0906 500 3729 Box No: 338461

**BEAUTY** 21, seeking older, solvent gent 70 plus for friendship/relationship. Tel No: 0906 500 3729 Box No: 392697

**CARIBBEAN** female, early 60's, lively, energetic, outgoing, likes travel, meals out, seeks male with similar interests. Tel No: 0906 500 3729 Box No: 392335

**LINDA** bubbly 62yr old, attractive, seeks gent for meals out, good times and maybe more. Tel No: 0906 500 3729 Box No: 392053

**FEMALE** 48, 5ft 8ins, short brown hair, seeks male, 30-55, easygoing with similar interests. Tel No: 0906 500 3729 Box No: 391601

**AMELIA** 54, loving, caring, seeking similar male with GSOH. Tel No: 0906 500 3729 Box No: 391643

**CAROL** attractive blue eyed blonde, slim, size 10ins, GSOH, great entertainer, good cook, well mannered, cheeky, sensual, romantic. So why am I single? Call me. Tel No: 0906 500 3729 Box No: 388979

**BLACK** female, 39, seeks white male, 50-59 for serious relationship, possible marriage. Tel No: 0906 500 3729 Box No: 390390

**CAROLE** fair hair, blue eyes, 5ft 7ins, likes countryside, beach, walks, cooking, pubs, socialising, seeks sincere, kind male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 369949

## Men seeking women

Ladies Text n' Chat. Text in now and chat to local people.  
Send : CHATUP042 To : 65125 (T&C's below)

**PETER** widower, 5ft 8ins, slim, fit, brown hair, clean shaven, N/S, OHAC, likes social drinks, meals out, champagne weekends, seeks female. Tel No: 0906 500 3729 Box No: 396245

**TACTILE** female, 50-60's sought by male for companionship, maybe more. Tel No: 0906 500 3729 Box No: 396207

**MICHAEL** young 60's, easy going, friendly, pleasant, seeks warm, loving, black/white female for friendship and fun times. Tel No: 0906 500 3729 Box No: 396185

**KEVIN** early 40's, fit, smart, seeking genuine female to share life with. Tel No: 0906 500 3729 Box No: 396175

**SE** London male, 56, 5ft 9ins, medium build, seeks attractive, local female for friendship/relationship. Tel No: 0906 500 3729 Box No: 396071

**STEVE** 48, divorced, likes sports, drinking, meals out, cinema, seeking female of similar age. Tel No: 0906 500 3729 Box No: 392916

**MUSCULAR** broad, black male, seeks white female for fun. Tel No: 0906 500 3729 Box No: 392898

**48YR** old male, dark hair, blue eyes, good looking, builder, likes sports, socialising, seeking nice female for fun, maybe more. Tel No: 0906 500 3729 Box No: 396157

**RETIRED** late 60's, young at heart, active, honest, N/S male, many interests, seeks slim, reliable, warm hearted, 60's lady. Tel No: 0906 500 3729 Box No: 396073

**TEDDY** young 52, 6ft, shaven headed, slim-medium build, GSOH, likes football, seeks female for fun and friendship. Tel No: 0906 500 3729 Box No: 378333

**GENUINE** guy young 63, 5ft 9ins, N/S, GSOH, likes walks, animals, seeks slim, trendy lady, under 60 for dates. Tel No: 0906 500 3729 Box No: 395443

**WIDOWER** mid 60's, seeks caring female to share holidays, weekends and maybe more. Must like dogs, pubs and countryside. Tel No: 0906 500 3729 Box No: 395421

**YOUNG** 64yr old male, 5ft 10ins, medium build, brown hair, widowed, fit, enjoy most things, tactile, loving, seeks female. Tel No: 0906 500 3729 Box No: 395351

**58YR** old white youthful gent, seeks lady, any nationality for winning/dining and possible LTR. Tel No: 0906 500 3729 Box No: 361417

**WORTH** a call. Nice guy young 63, 5ft 9ins, N/S, GSOH, seeks slim, smart lady, 55-60 for dates and travel. Tel No: 0906 500 3729 Box No: 393565

**6FT** male, loving, tactile, likes weekends away, cinema, reading, TV, seaside, pubs, young minded, zest for life, GSOH, seeks female for LTR. Tel No: 0906 500 3729 Box No: 395501

**MICHAEL** 45, black, 6ft, medium build, short hair, N/S, employed, honest, loving, caring seeks female, 30-55 for LTR. Tel No: 0906 500 3729 Box No: 381653

**MALE** 63, young at heart, affectionate, likes dancing, meals out, sport, music, movies, nights in, cooking, seeks female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 347779

**50YR** old male, good looking, 5ft 10ins, slim, stocky, seeks female, 40-50. Tel No: 0906 500 3729 Box No: 395345

**ALLI** trendy Mediterranean guy, South London, seeks attractive, black female for romance and friendship. Tel No: 0906 500 3729 Box No: 376047

**MEDITERRANEAN** guy, romantic, seeks attractive black female for fun and friendship. Tel No: 0906 500 3729 Box No: 351203

**PAUL** 63, white, N/S, GSOH, varied interests, seeks romantic, understanding black lady, 43-68 for LTR. Tel No: 0906 500 3729 Box No: 395307

**SEEKING** my dream girl. 50 plus female, N/S, petite/medium build/buxom, freckled natural red/auburn haired beauty for fun and games with Chris 5ft 7ins, medium build, N/S male. Tel No: 0906 500 3729 Box No: 392592

**MARCUS** 39, brown hair, blue eyes, GSOH, seeks romantic, 25-45 for LTR. Tel No: 0906 500 3729 Box No: 392588

**ROB** seeking female, 35-40's for fun and friendship. Tel No: 0906 500 3729 Box No: 392578

**MALE** 65, 6ft, GSOH, easygoing, seeks female, 55 plus for friendship, maybe more. Tel No: 0906 500 3729 Box No: 395269

**WHITE** male, 5ft 5ins, N/S, seeks lady, 60-66 who is warm, honest and caring for loving relationship. Tel No: 0906 500 3729 Box No: 395267

**23YR** old male, 5ft 7ins, average build, blue eyes, seeks female. Tel No: 0906 500 3729 Box No: 395183

**EV** young 54, West Ham fan, shaven head, GSOH, likes motown music, seeks honest, reliable female for LTR, weekends away etc. Tel No: 0906 500 3729 Box No: 390225

**GORGEOUS** handsome, fit, wonderful male, seeking white female for fun times. Tel No: 0906 500 3729 Box No: 392564

**BUILDER** 43, tall, good looking, GSOH, kind, considerate, seeks female for romance. Tel No: 0906 500 3729 Box No: 395493

**GEORGE** young 64, GSOH, OHAC, 5ft 8ins, medium build, seeks female, 50-65 for casual fun times. Tel No: 0906 500 3729 Box No: 393899

## Men seeking men

**MALE** likes cooking, meals, drinking, then relax, telly, DVDs, seeking smooth, slim, I am 58, tall, white, lean, discreet and adventurous. Tel No: 0906 500 3729 Box No: 395375

**KEVIN** 34, 6ft 2ins, blond hair, medium build, toned, young boyish good looks likes nights out, sports, holidays, seeks similar male, any age for adventurous fun times. Tel No: 0906 500 3729 Box No: 395584



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# the Road

With one eye on the speedo and the other on the open road



## Latest Jaguar supercar is like a gentlemen's club on wheels

Edward Stephens  
The Wharf

**A**t well over 17ft in length Jaguar's long-wheelbase XJ Supersport is the big car on the block.

But it's not just the dimensions that are big about this sporting supercar.

Look under the bonnet and there's a giant 510bhp, 5.0-litre supercharged V8 engine which makes light of whisking this luxury limousine to its limited top speed of 155 miles per hour.

But if you want to buy one you will need a big bank balance too for a car priced at just over £94,000.

And while that's big money by any standards it does buy a lot of car.

Inside it's pure luxury with the finest leather seats, and legroom for rear seat passengers which allows them to stretch out fully while watching the two televisions set in each of the headrests and – if the driver doesn't want to hear the programme – listening through their cordless headphones.

If they find the journey a little tedious they can adjust the rake of the backrest at the touch of a button and then switch on the back massager to ease away the stress.

Things look pretty good in the front too, with a leather-covered dashboard fringed with carbon-fibre inserts and chrome finished switches exuding a quality yet sporting touch.

Carbon fibre is used for the door interiors too, with Bowers & Wilkins speakers set into it while a dual-view screen set in the dashboard allows the front seat passenger to watch television while the driver looking at exactly the same screen can only see the satellite navigation screen in operation. Clever stuff.

Heavily tinted windows on the rear passenger doors make it impossible to see in, adding an air of mystery to the car. But thanks to twin glass sunroofs there is no shortage of light.

On the road you can just about hear the burble of the engine when you put your foot down hard but most of the time it's an interior of silence.



Jaguar's new XJ Supersport is a luxurious, long-wheelbase powerhouse

The six-speed automatic gearbox is superbly seamless, and if you really want to get to grips with this beast you – or your chauffeur – can even drive it manually with the paddles set behind the steering wheel.

But whether you use the gearbox as an automatic or manual the AJ-V8 is

a real powerhouse which rockets the car to the legal limit and beyond in the blink of an eye.

And surprisingly at the end of a week with the car I had averaged 23 miles per gallon, which is pretty good for a gentleman's club on wheels with such a powerhouse of an engine.



The new Mazda5 Venture

### NEW MODEL

## Mazda produces special 3s and 5s

MAZDA is ramping up the style with four special versions of its popular Mazda3 and Mazda5.

The Venture Edition quartet features the likes of front fog lights, gun metal alloy wheels, sport front grilles, side skirts, rear spoilers and privacy glass.

Inside there's a Sanyo TomTom navigation set-up with 5.8-inch touchscreen display and Bluetooth, plus climate control air-con and cruise control.

The Mazda3 Venture Edition is either a 1.6-litre (105PS) petrol engine at £17,495 or a 1.6-litre (115PS) diesel priced at £18,995.

The Mazda5 comes with a 2.0-litre (150PS) petrol unit for £19,995 or a 1.6-litre (115PS) diesel costing £21,290.

Mike Torpey

DEFY CONVENTION



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The official fuel consumption figures in mpg (l/100km) for the Mazda MX-5 range: Urban 25.4 (11.1) - 28.8 (9.8). Extra Urban 45.6 (6.2) - 50.4 (5.6). Combined 35.3 (8.0) - 39.8 (7.1). CO<sub>2</sub> emissions (g/km) 188 - 167. Retail sales only, subject to availability at participating dealers only on vehicles registered between 01 August and 30 November 2012. Terms and conditions apply. \*0% VAT at the current rate of 20% still applies to the discounted price. 0% finance available on all Mazda MX-5 models with a minimum 50% deposit required. Example shown at £249 per month includes a 54% deposit. Finance subject to status. Applicant must be 18 or over. Guarantees/Indemnities may be required. Mazda Financial Services RHI SR Model shown: Mazda MX-5 Roadster Coupe 2.0i Sport Tech. Offer from £19,226 includes a VAT saving of £3,769. On the road price includes VAT, number plates, delivery, 12 months' road fund licence, first registration fee, 3 year or 60,000 mile warranty and 3 years' capped price lease assistance. \*Test drives subject to applicant status and availability. Details correct at time of going to print. Not available in conjunction with any other offer unless specified.



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# Take 5

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## Stars

With Claire Petulengro

### AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

You don't have to put your own dreams and wishes on the back burner because your close one wants to achieve theirs. Learn to communicate this week.

### PISCES

FEB 20-MAR 20

For more call 0905 817 2071

An invitation you get could be a cover for someone's romantic feelings for you. Be careful what you say, your every word is sure to be analysed to the letter.

### ARIES

MAR 21-APR 21

For more call 0905 817 2060

I know you've suffered from a lot of stress recently. I also know that you now recognise what has to be done to get rid of it. So do it, Aries!

### TAURUS

APR 22-MAY 21

For more call 0905 817 2061

The first impressions you make on those you meet in business will last for the rest of the month. If you owe money, now is the time to arrange payback.

### GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

You may want to rein in your humour before you start offending people. You could always start conversations by asking how others are instead.

### CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

You can't change friends but you can alter how you handle how they are and how they react. Separate yourself from their acts and peace will follow.

### LEO

JULY 23-AUG 23

For more call 0905 817 2064

Be more patient with older members of your family. They may seem strong but it's really just a front and support you give now will be given back tenfold.

### VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

Don't try to second-guess those you deal with in business. Go with the flow and keep an open mind to maintain your newly won professional reputation.

### LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Don't rush into a romantic situation or you'll ruin the seduction someone has planned for you. Working overtime helps you get back in someone's favour.

### SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

You have a lot of thinking to do and you'd be silly to let anyone else make decisions for you. It's you who will have to live with the choices you make.

### SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

You can forgive someone but the big question is can you forget what they've put you through. Events both today and tomorrow answer this question.

### CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Don't spend too much time talking about other peoples' business. You are closer to making your dreams come true than you think but focus is essential.

## Dinner and a Movie



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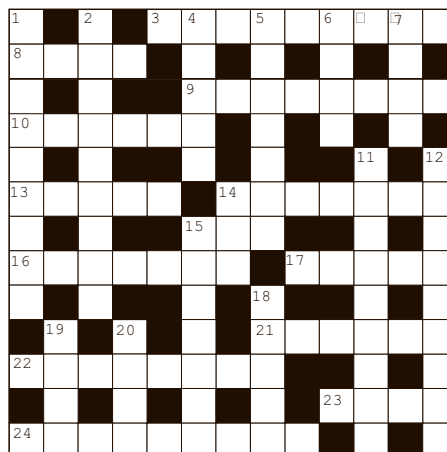
offer two pizzas, two bottles of Peroni (or a bottle of wine) and a pair of tickets to the cinema as well as the limited edition print.

To be in with a chance of winning, just tell us the name of the British actress, pictured, who stars in Anna Karenina showing at Cineworld. Email your answer

to [newsdesk@wharf.co.uk](mailto:newsdesk@wharf.co.uk) with "Movie Night" in the subject line. The closing date for entries is September 14, 2012.

Include your name and postal address and the details and tickets will be posted to you as well as how to pick up your amazing print.

## Crossword



### ACROSS

3. Verbal sparring (9)
8. Dutch cheese (4)
9. Doomed or unlucky (3-5)
10. Believe (6)
13. To iron (5)
14. Weekday (7)
15. Crib (3)
16. Teaching or instruction (7)
17. Upright or grand instrument (5)
21. Pointed beard (6)
22. Practise (8)
23. Fever (4)
24. Steadiness (9)

### DOWN

1. For each person (3,6)
2. Reckless (9)
4. A colour (5)
5. Dismiss from consideration (4,3)
6. Baby carriage (4)
7. Prayer ending (4)
11. Tennis score (9)
12. Something startling or revealing (3-6)
14. Unit of weight (3)
15. Regulate (7)
18. Representative (5)
19. Superlative of good (4)
20. Parsley, say (4)

ACROSS: 3. Swordplay; 8. Edam; 9. Ill-fated; 10. Credit; 13. Press; 14. Tuesday; 15. Cot; 16. Tution; 17. Piano; 21. Goatee; 22. Rehearse; 23. Ague; 24. Stability. DOWN: 1. Per capita; 2. Dared; 4. White; 5. Rule out; 6. Pram; 7. Amen; 11. Advantage; 12. Eye-opener; 14. Tom; 15. Control; 18. Agent; 19. Best; 20. Herb.

## Sudoku

### EASY

9					2		6	
			3	9			7	
	1		4					5
	3	4		5				
1			8		6			2
				7		9	1	
6					4		3	
	7			8	9			
	5		6					8

### HARD

		3	9					
7		2						
	8			4			7	9
3					4	2	9	
		8		1		3		
	5	4	3					6
6	4			8			2	
					4			7
				5	1			

### GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

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The Wharf's Sudoku puzzles are supplied by [sudoku-puzzles.net](http://sudoku-puzzles.net)  
For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website



## Sport

## THE FANS' ROAR

By Ian Toal



Millwall Supporters Club



## Loss to Owls is a distant memory

At this early point in the season a win makes a huge difference. After beating Middlesbrough 3-1 at home on Saturday we are now 10th in the table.

Had we lost we would have been in the relegation places. Probably more important was to get our first home victory of the season under our belts before the international break so we do not have that enduring millstone around our necks.

We put in a good shift against Middlesbrough and played some excellent passing football against a team who I am sure will be in the play-off picture all season.

Boro are confident on the ball and move it around like a Premiership side, but we more than matched them and carved out more chances.

On another day we might have had five goals as we hit the woodwork and got crowded out when the ball was pinged around their six-yard box in the second half.

The relief when our third goal went in was huge. We knew then we had the points in the bag and

the disappointment of conceding the injury time goal against Sheffield Wednesday was a distant thought.

Kenny Jackett can spot a good player. Striker Andy Keogh overlooked at Wolves last season has proved a revelation at The Den.

Josh Wright is pulling the strings in midfield and left back Scott Malone, who bombed out of Wolves without having

**James Henry got through so much work he was dead on his feet**

made a single appearance for them, is starting to look like an improvement on others we have had in that position recently.

James Henry was the real star of Saturday's game though.

He got through so much work both attacking and defending he was dead on his feet when he was subbed with seven minutes left of normal time.

If he continues in this vein he will be worth millions come the end of the season.

Ever since he got back in the team since being dropped last season his attitude has changed for the better.

He chases back much more now and is an immensely effective player.

Any youngsters at the club should look to Henry's efforts and see if they can reproduce similar all-action displays in their own game.

The transfer deadline passed without much activity. Thankfully that meant we did not lose any of our better players to other clubs with bigger spending power than we have.

Last week though we did see twice Player of the Season Darren Ward leave on loan to Swindon Town.

With skipper Paul Robinson still not ready to play, a lot of our supporters would prefer to see Ward starting for us than new signing Karleigh Osborne, but we should back Jackett's judgement at this stage, given his past history of success.

## Silver medallist is proud of his East End roots

## ROWING

Olympian says that the pain of coming second is still raw after the Games

Rob Virtue  
@wharf.co.uk

Staring intently at Sir Steve Redgrave's Olympic gold medal at the age of 14, Mark Hunter would never have believed the owner of that prize would be there for him, lifting him out of a boat and reassuring him at the lowest point in his career.

That came 20 years later at the London 2012 Games when Hunter and long time rowing partner in the lightweight double sculls Zak Purchase had narrowly been beaten by the Danish team.

Despite picking up a silver to go with their gold from Beijing four years

ago, the pair were devastated. But it was five times gold medal winner Sir Steve who deserted his post in the commentary box to grab the inconsolable Hunter and offer the words: "Try to pull yourself together. You've won a silver."

For Hunter it was a huge coincidence because he said the veteran was the reason he was at the Games.

"It was back at Poplar and Blackwall Rowing Club when I first met Steve," said Hunter. "He had lunch and gave us an inspirational talk. And when I saw the gold medal he brought in it had a huge impact on me. We've been friends now for years."

But even Sir Steve's words failed to dull a pain that continues today. Hunter and Purchase had been winning for a large part of the race before having to settle for second.

The 34-year-old Hunter, who grew up in East Ham and began rowing at the Isle of Dogs' club, was so exhausted and deflated he could barely speak in the post-race interview apart from to say: "We gave everything. We tried everything. We wanted to win so

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ROB VIRTUE

badly. Sorry to everybody we've let down."

Speaking at Canary Wharf's Jubilee Park last week at a press call to publicise a portrait of him by artist Teresa Witz the words were more coherent but the disappointment was still in his eyes.

"The pain is still there because we set out to win," he said.

"So it's difficult to deal with what happened but I've no regrets about the way we raced. They were just the better team on the day.

"At about 1,000m there was a roar and you couldn't even hear yourself think. The energy was intense. It was very special.

"I've never had that in a rowing event, ever. The atmosphere was completely different to Beijing. I've

**Mark Hunter poses in front of Witz' portrait**

Before the 2008 Beijing Olympics, Sir Steve told *The Wharf*: "No-one's heard of Purchase and Hunter but they've beaten everyone this year. I think they'll win gold."

been to three Olympics and never heard a roar like that before."

By Rio 2016, Hunter will be 38, the same age Redgrave won his last gold. However, the east Londoner said he was undecided on his future path.

"If I was to make a decision now it would be driven by emotion and I don't want that," he said.

As for his roots Hunter said he was proud his name was still being linked with the Poplar and Blackwall Rowing Club.

"I still go back each year to an annual event," he said. "You come from a small club like that and move to a bigger club and then end up winning the biggest medal available, but it's fantastic for everyone involved. It's great for them and it's something to get excited about."

## Fuller goal is taste of things to come

**CHARLTON**

**Rob Virtue**  
@wharf.co.uk

CHARLTON suffered the first defeat of their season against Nottingham Forest on Saturday but a 10-minute cameo by recent signing Ricardo Fuller provided some comfort.

Boss Chris Powell gave his side a half-time rollicking as they succumbed to a 2-1 loss to the East Midlanders but substitute Fuller's goal and all-round work-rate gave the fans something to look forward to.

"He's nowhere near ready, but I just feel he's shown us enough in training," said Powell of the Jamaican. "He's been willing to do extra work and he's got that Premier League quality - you saw that as soon as he came on.

"He held the ball up, got people into play and that's what you have got to do with a player like him.

"So I felt he would give us something and he certainly did. I don't know whether the goal has been given to him - I hope it is - or as an own goal for Forest keeper Lee Camp."

Meanwhile, Charlton captain Johnnie Jackson urged his teammates to bounce back.



**Singed from Stoke, Ricardo Fuller's debut won praise**

He said: "It is never nice to lose but the manner of the defeat, especially our performance in the first half, has left us very disappointed.

"There was an improvement in the second half and we almost nicked something from the game that we probably didn't deserve. We've paid the price for not being at it in the first half."

**WEST HAM**

## Carroll to be 'main man' says Big Sam

ANDY Carroll made such a significant impact on West Ham's strike force that, after he limped off with a hamstring injury, Sam Allardyce was already feeling his absence.

The new number eight, pictured, linked up well with Kevin Nolan in a confident and hungry display that suggests the loan spell could prove providential for both parties.

Aside from the injury, that kept Carroll out of the England squad, the only cloud is the threat that luckless Brendan Rodgers, for so long touting the striker

round the Premier League, may call him back to boost beleaguered Liverpool.

After the 3-0 rout of Fulham, Allardyce confirmed the player's immediate status suggesting he could power the Hammers to a top 10 finish - once he recovers from an injury that could keep him out of the Norwich game.

"Andy's going to be our main man and you've got to get people supporting him," said Allardyce. "I also really liked the industry of Mark Noble,"



**RUGBY**

## Starting in fine style

BLACKHEATH will be delighted with their start to the season, trouncing Loughborough Students 57-20 at home.

Rory Teague kicked eight goals from nine attempts on his way to a points haul of 22, but it was his organisational and line-kicking skills that set Blackheath on their way.

Within the first minute, the former Cinderford fly-half had put his new side within a handful of metres

of the Loughborough's goal-line and, moments later, the club's dominant scrum enabled Jack Walsh to break through the defence.

Further highlights included Mike Canty sending Geoff Griffiths across in the left corner and a long floated pass from Teague that gave the former Esher wing his second.

Next Saturday Blackheath face Esher. The match is at Molesey Road and kick off is 3pm.



**Blackheath's Tom Stradwick fends off a challenge**

## WEEKEND FLUTTER

WITH THE  
**RACING POST**

GETTY

**RACING**

■ The Irish Champion Stakes takes place at Leopardstown on Saturday and the John Gosden-trained Nathaniel is a warm favourite, but at around 3-1, **Snow Fairy** looks good value to give the favourite a race.

The winner of the Epsom and Irish Oaks in 2010, she made a pleasing return to action when winning in France last month and should go well again here.  
*Ed Quigley*

**FOOTBALL**

■ Shot-shy Moldova are likely to be rolled over by **England** in a one-sided World Cup qualifier on Friday.



Moldova have scored in just one of their last seven matches - and that came against the hopeless San Marino - and they were fifth of six sides in Euro 2012 qualifying.

England are not the prettiest under Roy Hodgson, pictured right, but this should be a routine three points and a 2-0 correct-score looks a solid pick.

*Mark Langdon*

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